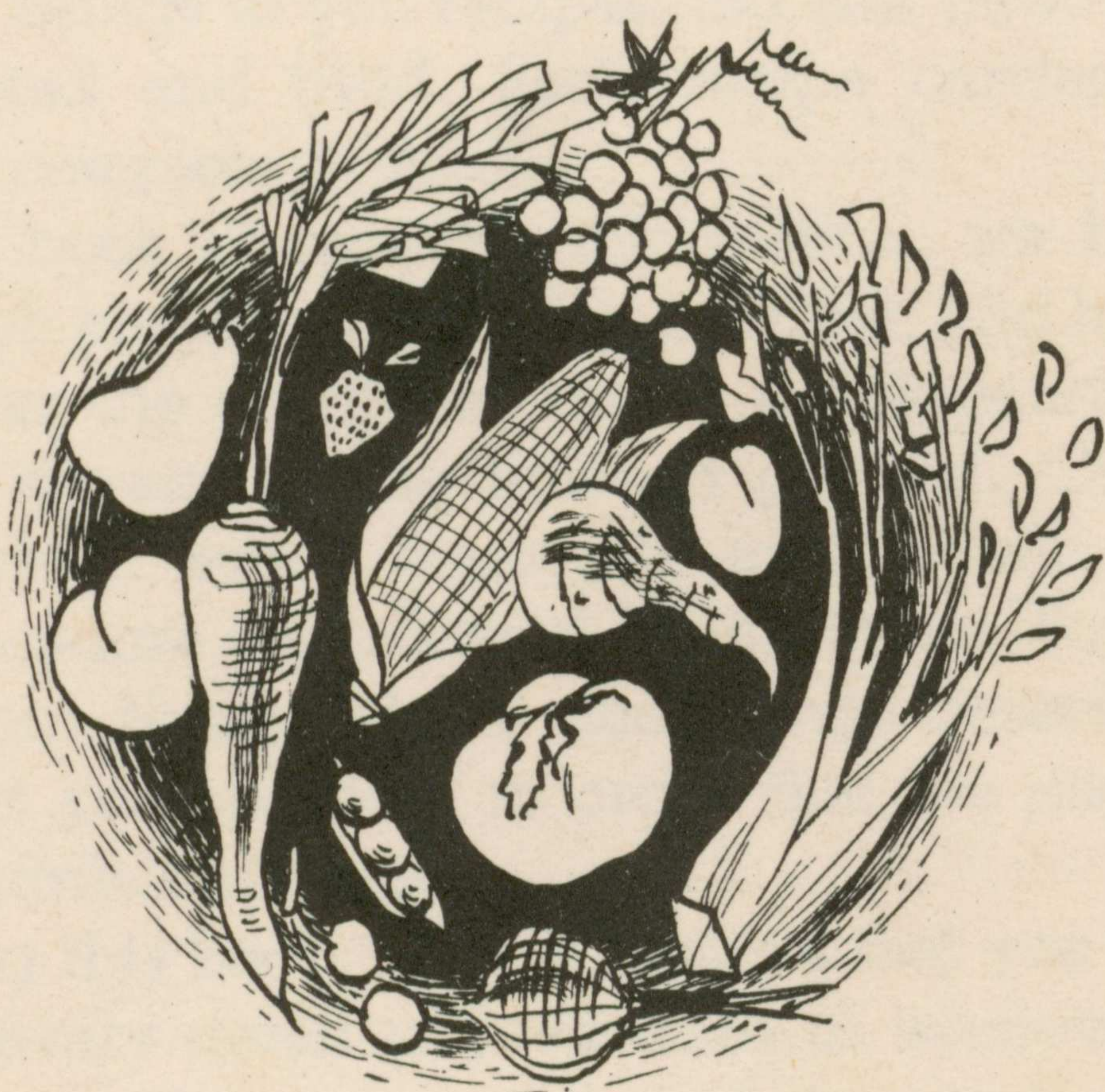


Dominion Home Canning Guide

"The Key to Successful Canning"

WESTERN EDITION



THE DOMINION GLASS CO., LIMITED

General Offices:

Montreal, Que.

WESTERN DIVISION

Factory: Redcliff, Alta.

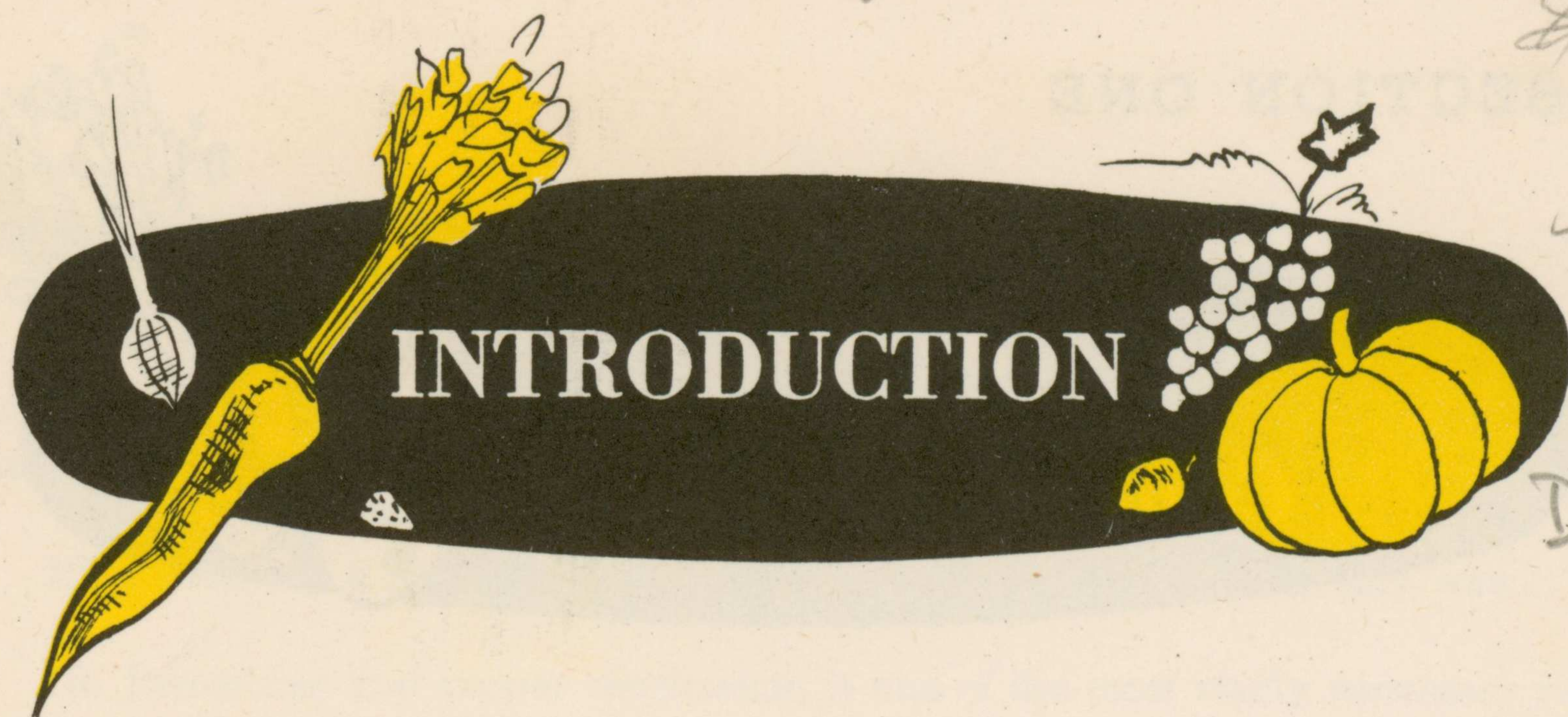
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HAMILTON, Ont.



We are pleased to once again present for Canadian Housewives everywhere, a completely new and up-to-the-minute Canning Book. This new book brings to you recipes, old and new, but all have been thoroughly tested and tried. Each recipe carries its own special method and is complete in itself.

In this new book of canning information, we have paid special attention to each and every phase of canning, and have given explicit instructions from the conditions under which canning must be done to the proper storage of the finished product. Canning is an Art, and one in which every housewife may excel, providing proper methods of procedure are followed. Fruits, Meats, Fowl and Vegetables are a part of our Nation's food, and rightly deserve to have proper care in perfect preservation, in order that we may accomplish the very best in nutritional value.

In publishing this book, we are anxious that you should familiarize yourself with every detail of procedure in whatever you are doing, before you begin the process, then follow instructions to the last letter. The contents of this book come to you in plain, understandable and practical language, and are especially designed to assist you in eliminating all danger of unfortunate mistakes and loss of product. Economy in preservation of foods is of necessity one of the first considerations, but we must remember that economy does not always mean the cost of the product, but rather how that product is used to achieve the best in return for cost and trouble.

If you have any canning problems or questions and we can be of help to you, write our nearest sales office. With the use of fruit jars of our manufacture, and with the complete canning information in this booklet, your canning should be successful.

DOMINION GLASS COMPANY LIMITED.

SECTION ONE

General Canning Directions



1. Proper processing (rendering inactive all micro-organisms, such as yeast, bacteria, and mold). If you have failed to sterilize; that is, failed to destroy the micro-organisms in the food, the seal will release. This will not be the fault of the jar or cap, but be due to the fact that you have not processed the food long enough to kill the micro-organisms. Follow reliable time tables carefully being sure temperature of canner is not too low or irregular during processing periods.
2. See that no seeds, food, or grease are lodged between lid and sealing surface of jar.
3. In Oven Canning, set regulator at 250 degrees. Start counting time when oven is lighted or switch turned on. Temperature should not exceed 250 degrees. Do not allow jars to touch each other or sides of oven.
4. Do not use jars which are cracked or nicked from previous use or which have sharp sealing edges.
5. If using Ideal Wide Mouth Jars or Dominion Narrow Mouth Mason Jars, see that screw band is turned down firmly tight BEFORE processing.
6. In open kettle canning, fill only ONE STERILIZED JAR AT A TIME, with boiling hot product. Immediately wipe off top of jar and place scalded lid on jar with sealing composition next to glass, and screw band firmly tight.
7. When jars are packed with pre-cooked foods, place them in the cooker for processing immediately. Do not allow them to stand.
8. When jars of food are removed from the cooker, set them out of a draft but far enough apart to allow the free circulation of air around them. Do not stack the jars. Do not cover with a cloth or place them back in boxes until the contents are cold.
9. Do not pack jars tight with such foods as Corn, Peas, Greens, Lima Beans and Meat. A tight pack prevents heat from properly penetrating to centre of jar.
10. Never open jars at end of processing to refill with liquid. Loss of liquid from the jar does not affect the keeping quality.
11. If using pressure cooker, open long enough (7 to 10 minutes) to expel all air from the cooker, otherwise pressure may not correspond to inside temperature.
12. Be sure you thoroughly understand procedure in whatever method of canning you use.
13. Jars such as mayonnaise or pickle jars should never be used for canning fruits, but may be used successfully for jams, jellies or pickles.

GENERAL CANNING DIRECTIONS (CONT'D)

14. The greatest possible care should be taken in removing tops from canned fruits so that the glass is not injured. Punch a hole in all metal lids, and they will be easily removed.

15. Never use a metal ring that is rusted, twisted, or nicked in any way.

16. Remember that proper sterilization is one of the most vitally necessary rules of canning. Lack of it may result in any number of different things, causing failures. This does not mean just sterilizing the jars, but the fruit as well.

For instance, peaches will very often turn brown if not properly sterilized, which means cooking them 3 minutes in the syrup before placing them in the jars for the hot water bath.

17. Remember that hot syrups shrink the small fruits. For example, in doing raspberries the jars should be filled $\frac{1}{3}$ full with the syrup that has been allowed to cool, then pack the berries into the syrup very closely. Seal and process by your favorite method.

Berries or small fruits done in this way will never rise, and will not shrink. The fruits will also retain a very natural flavour.

CANNING EQUIPMENT

A good workman demands good tools. If he can't buy what he needs, he makes the best of what he has, and makes what he hasn't. Listed below are a few ways to solve the equipment problem.

To use as a water-bath canner—a pail, wash boiler, or any other container in which water can be boiled, will serve the purpose, provided it is 12 or more inches deep.

A wide-mouthed funnel.

A rack or platform to fit in the bottom of the canner. This can be made by tacking strips of odorless wood together.

A good jar lifter or a pair of tongs. If neither jar lifter nor tongs are available, strong string looped (slip hitch) around neck of jar. A long-handled fork for removing the jars from the hot bath.

Wire basket to hold the jars while they are in the canner, made from a scrap of wire mesh—poultry wire will do.

A wooden paddle for stirring apple butter, chili sauce, etc., may be made from a piece of hard wood.

INSTRUCTIONS FOR THE USE OF IMPROVED GEM AND WIDE MOUTH BEST JARS

Sealing With Glass Lid, Rubber Ring and Metal Band

When using our Improved Gem or Wide Mouth Best Jars for canning, they may be filled to overflowing, but be careful to wipe off the edges of each jar with a clean cloth. Put sterilized rubber band in place, place the glass top on, and lastly the screw band, sealing tightly. After processing is completed, remove jars from hot water, tighten screw band if necessary, and turn upside down for testing of leakage. It is best to let jars remain in your kitchen for a day or so before storing, so that you may check them well to be sure that all jars are perfectly sealed.

INSTRUCTIONS FOR THE USE OF IDEAL WIDE MOUTH AND DOMINION NARROW MOUTH MASON JARS

Sealing with Metal Lid with Flowed in Compound or Metal Lid With Separate Rubber Gasket and Outside Metal Band

These jars seal by the cooling of the contents which creates a vacuum within the jar. When the contents of the jar are hot the air is expanded and as they cool it contracts forming a vacuum, the disc being held in place by atmospheric pressure. The sealing composition flowed into the metal lid or the metal lid and separate rubber gasket forms an airtight contact between the metal and glass retaining the vacuum. When the jars are cold, do not remove bands as we feel that the seal is very often broken when the bands are removed. Do not tighten metal band.

TEST FOR SEAL

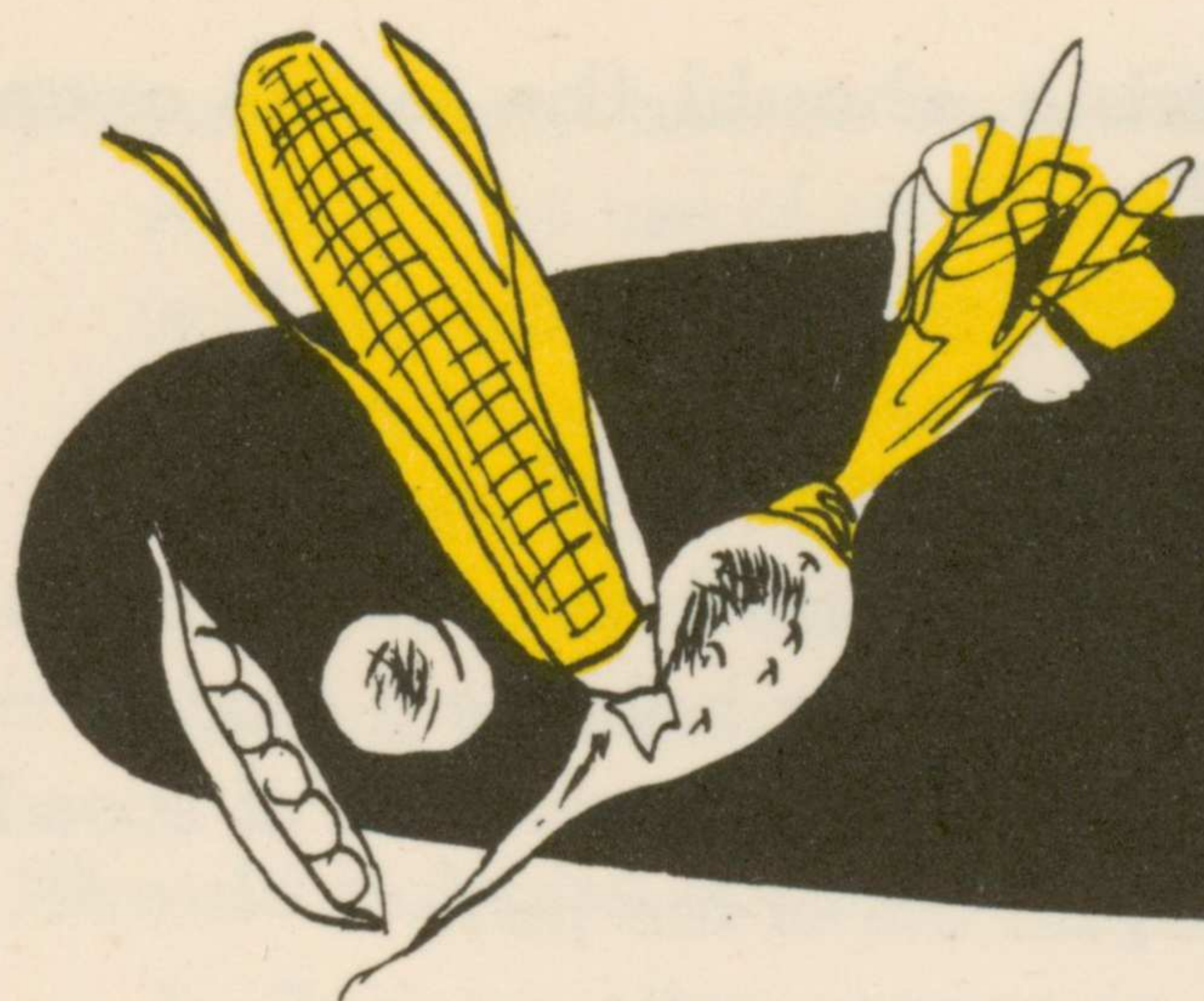
To test for a perfect seal: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear ringing note and be slightly concave (curved inwardly) caused by the vacuum inside.

If not properly sealed the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food.

OPENING JARS

To open jars, unscrew the band, puncture the lid with a can opener or sharp pointed instrument, insert point under the lid and lift up.

If the screw band is tight, place the top of the jar in boiling water for a few minutes or tap band lightly with knife handle and the band can be easily unscrewed.



Questions and Answers

Q. How should jars be sterilized?

A. Jars should be washed in hot soapy water, rinsed thoroughly in a pan of clear water, scalded and then turned upside down on a freshly sterilized tea towel.

Q. Is it necessary to sterilize jars and lids before canning?

A. For open kettle canning, jars and lids should be sterilized. When food is processed in the jar, the jar does not require sterilizing but all jars should be thoroughly cleansed. Screw bands need not be sterilized. Heating jars helps to prevent breakage when packing.

Q. Why do some Screw Bands stick to the jars?

A. This is caused by food juices on jar threads. Juices holding screw bands to the jar can be dissolved in warm water, or adhesions can be broken by tapping screw bands lightly with a knife handle.

Q. Will jars boiled in water before canning be tougher?

A. No. Dominion Glass jars are fully tempered when made and boiling will not increase their resistance to heat.

Q. Where should hot jars be set when removed from the canner?

A. Hot jars should be set on two or three thicknesses of cloth or heavy paper or on a board. They should not be set in a draft or on tile or other cold surfaces.

Q. When using the pressure cooker for processing, is it necessary to have the cooker filled with jars?

A. It is not necessary to have the cooker completely filled, but is more economical to do so.

Q. In Hot or Cold Pack Canning, when should one start to figure time of processing?

A. When using a Pressure Cooker start from the minute the hand on the pressure gauge reaches the required pressure. When using the Water Bath, from the minute the water surrounding the jars, starts to boil.

Q. Are the keeping qualities of food affected when liquid has boiled out during processing?

A. No.

Q. If liquid is lost from a jar during processing, should the jar be opened when processing is done to add more liquid?

A. No.

Q. What causes liquid to boil out of jars during processing?

A. To keep liquid at the proper level, use tender fresh produce; Hot Pack, pack loosely; leave one inch head space; remove air bubbles if food is cold packed or if bubbles are noticeable. Processing at an uneven rate of speed in pressure cooker and in water bath draws liquid out of the jars.

Q. What is the effect of heat and cold on the keeping qualities of canned foods?

A. Excessive heat may destroy the seal of the jars through causing expansion of the contents. Warm storage encourages rapid growth of micro-organisms. Freezing and thawing injures the flavor and texture of canned products.

Q. Should water completely cover the jars when processing in the water bath?

A. Yes. Water should be at least one inch over the top of the jars. Water should be added if it boils down.

Q. Why are processing times for the oven longer than those in the boiling bath?

A. Heat is conducted less readily by air than water, consequently, the temperature in the jars is raised more slowly in the oven than in the boiling water bath.

Q. Why is a longer processing time required for quarts than for pints done by the Cold Pack method, but not when the Hot Pack method is used?

A. When the food is packed cold, it takes longer for the heat to reach the centre of a quart jar. With the Hot Pack method, the food at the centre of both pint and quart jars is equally hot when packed.

Q. Why is the open kettle method not recommended for canning fruit?

A. When the open kettle method is used, you depend entirely on the cooking of the fruit in the kettle to completely sterilize it, and on the packing of the fruit and syrup in sterilized jars. Very heavy syrups quickly reach a sufficiently high temperature to sterilize the fruit, but with the thinner syrups popular today, very long cooking would be necessary to reach a temperature which would guarantee complete sterilization. In the long cooking, fruit would break up and also lose color and flavor. There is also the danger of contamination in transferring the food from kettle to jar.

Q. Should the Hot Pack method be used for all vegetables?

A. Yes, with the exception of tomatoes. Pre-cooking and packing hot permits more rapid heat penetration during processing. This is important since it is more difficult to destroy spoilage organisms in non-acid vegetables.

Q. Why are both the Cold and Hot Pack methods recommended for fruits?

A. The pre-cooking shrinks the fruit and therefore more can be packed into the containers. The Cold Pack method is better for berries.

Q. Should preservatives be used?

A. NO. The use of small amounts of vinegar or lemon juice with low acid foods is of no value and may prove harmful by covering up the odor of spoilage in canned foods. Aspirin is good medicine, but has no place in a jar of food. Chemicals such as salicylic acid, benzoate of soda, and so-called canning powders should not be used. They are not wholesome and may be actually harmful to some persons.

Q. Should bubbles appear in the jar after it is taken out of the cooker to cool?

A. Bubbles often appear in the jar after it is removed from cooker, because food is still boiling in the jar. Ordinarily bubbles do not appear after the jar has been allowed to cool thoroughly unless jar is shaken.

Q. How should foods be packed, loosely or firmly?

A. Such foods as corn, peas, lima beans, greens and meats should be packed loosely because heat penetration in these products is difficult. Fruits, berries and tomatoes, should be firmly and solidly packed because of shrinkage which takes place during processing and their texture does not retard heat penetration. A solid but not tight pack should be made of all other foods.

Q. How long will home canned foods keep?

A. Foods which are properly canned and properly processed, will keep for an indefinite period of time when the containers in which they are packed are air-tight.

Q. What causes canned food to spoil?

A. Spoilage may be caused by mold, yeasts or bacteria due to insufficient sterilization, by incomplete seal of containers, lack of care in handling food and equipment; allowing containers to stand and cool before processing, or too slow cooling after processing. Another form of deterioration may be caused by the action of enzymes.

Q. What causes peaches and pears to turn dark brown after they have been canned?

A. Fruits in the top of the jar will discolor if the processing was not applied long enough or the temperature was not high enough to render the enzyme inactive or expel the air from the jar. From 5 to 15 minutes longer processing time should be used. Fruit exposed to air too long after being peeled and before being canned. If fruit is dropped into slightly salted or plain water until being put into jars, this will be overcome. A tablespoon of lemon juice with pears, canned by the cold pack method, will help them to retain the original color. Fruits canned without sugar after being opened and exposed to air, sometimes turn brown just as fresh fruit does when exposed to the air.

Q. How much salt should be added to the water in which peeled fruit is placed to prevent discoloration before canning?

A. One teaspoon of salt to each quart of water is sufficient.

Q. Why do fruits, particularly berries, float in jars?

A. This may be due to too heavy a syrup, overcooking or loose packing. Berries are best done in their own juices. Done in their own juices they retain both flavor and color.

Q. Are cloudy peas always a sign of spoilage?

A. No, not necessarily. If there is no odor or other sign of spoilage, the cloudiness is probably due to over-processing or to using too mature peas.

Q. Why does jelly sometimes fail to set?

A. There may be several reasons for this: (1) using over-ripe fruit or fruit lacking in pectin. (2) Too short a boiling time before or after adding the sugar. (3) Using too much sugar in proportion to the pectin and acid in the fruit juice. (4) Making the jelly on a very damp day.

NOTE: Sometimes jelly does not completely set until the second or third day.

Q. What makes jelly tough?

A. (1) Boiling the juice too long after adding the sugar. (2) Using too little sugar in proportion to the pectin and acid in the juice. Some fruits, such as currants, and crabapples, which are high in pectin and acid, require a high proportion of sugar to make a tender jelly. If more water is added to these fruits, a smaller amount of sugar may be used.

Q. What makes crystals form in jelly?

A. Sugar crystals may result from any one of four different causes: (1) an excess of sugar. (2) Insufficient acid. (3) Over-cooking of the jelly. (4) Too great a delay in sealing it. Crystals in grape jelly may be greatly reduced by letting the juice stand for several hours in a cold place before making the jelly. The crystals will settle to the bottom of the container and the juice may be poured off.

Q. Why is jelly not always clear?

A. Squeezing the jelly bag forces particles of fruit into the juice; using too great proportion of under-ripe fruit, or not completely removing the scum from the jelly before pouring into jelly glasses.

Q. What makes jelly "weep"?

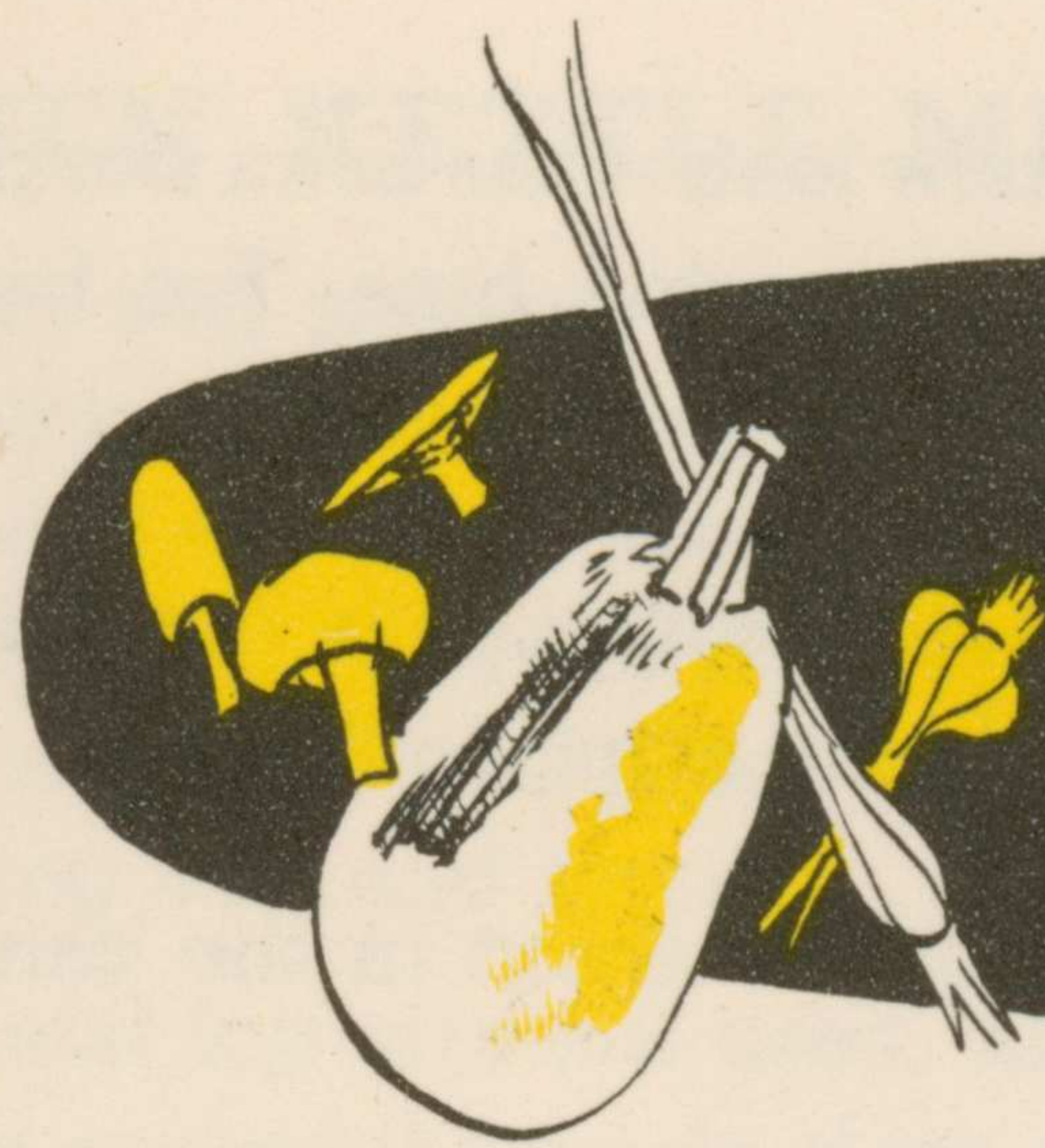
A. Weeping is usually caused by too much acid in the fruit juice and may be prevented by mixing a juice high in acid with one low in acid, and also by waxing before all steam has escaped.

Q. Should canned vegetables be recooked before tasting or using?

A. Yes, vegetables should be removed from jar, placed in pan with canning liquid, uncovered, brought to boiling point then simmered for 10 minutes.

Q. What causes flat sour?

A. Flat sour is usually caused by canning over-ripe food or allowing pre-cooked foods to stand in jars too long before processing or slow cooling of jars after processing. It may be prevented by using fresh products and properly processing, cooling and storing.



Canning Methods

STEPS IN CANNING

1. One of the first, and most important steps in canning is in the purchasing of a fresh product—two to three hours from garden to kitchen is a good rule to remember. Fruits and vegetables must be fresh and crisp for best results.

2. If you must buy your fruits and vegetables for canning, then watch the markets and buy these products at the proper time. Fruits are high when they first appear on the market.

3. Cleanliness is the major point in the preparation of all foods for canning. It is very necessary that all your canning be done under the strictest sanitary conditions. Use clean, soapy water, clean dish cloths, and be sure that every last jar is thoroughly washed and rinsed at least twice in hot water. Turn these jars upside down on a clean tea towel ready for use.

4. Remember, canning of any kind should NEVER be done in large quantities. Do just as much as you can conveniently handle at one time. Have everything ready before you begin, so that full time may be devoted to the care and processing of your fruit.

5. Follow a reliable recipe to the very last letter. DO NOT GUESS. Measure or weigh your fruit and sugar accurately. Try to devote your full time to the job, and be content to let some of your regular routine fade into the background while you are preserving. In so doing, you will find your task much easier and the results of your efforts most gratifying.

6. Be sure that no seeds or bits of fruit are lodged between the lid and sealing surface of the jar. Carelessness will only result in failure as well as extravagant loss of sugar and fruit.

POINTS IN PROCESSING

1. Follow time tables exactly. Begin to count time of boiling period when water around jars is steadily boiling. Set an alarm clock to remind you of length of time or mark your time on a scratch pad.

2. If water stops boiling during processing, estimate how long it has been stopped, then, for vegetables double this time and add to the processing time. For fruits, estimate time elapsed since water has stopped boiling and add to processing.

3. Place jars in canner. If contents of jar are hot, fill canner with hot water. If jars are cold, fill canner with lukewarm water and gradually bring to the boil.

4. Avoid too vigorous boiling. This causes jars to bounce about in the canner with loss of liquid.

5. Keep water in canner to top of jars or over, during entire process. It is well to keep a kettle of boiling water ready to add to the canner during the process. Add slowly so that boiling in canner will not stop.

6. If steam pressure canner is used, watch closely to avoid sudden or unexpected jumps in temperature. If pressure goes above ten pounds (about 240F.) and then drops, the liquid in the jars is apt to be exhausted.

7. If you use a wash boiler for a canner, adjust both of the heating units used under it at the same time. In other words, turn both heating units on instead of turning one off and leaving the other on. This gives a better distribution of heat and keeps water boiling evenly.

OPEN KETTLE CANNING

This method, commonly used for canning fruits, requires greater skill than any other. It should never be used for canning low acid vegetables and meats, and is not as reliable as a hot water bath for canning fruits. If using, prepare and use jars, caps, lids, and rubbers as instructed. Cook food thoroughly but not until mushy. Work at the stove so that everything can be kept boiling hot. The work must be done carefully, yet quickly. Fill and seal one jar at a time.

CAUTION IN OPEN KETTLE METHOD

In using the Open Kettle Method, there are several points well worth remembering. Long boiling of syrup results in a strong undesirable flavor and the color is impaired. Consequently it is always best to divide the prepared syrup in two or three equal parts. Keep each division of syrup warm until required.

The fruit should never be allowed to boil rapidly, but rather should barely simmer, care being taken never to crowd the fruit in an attempt to hurry it through. Just do as much fruit as the juice will cover.

Keep the kettle securely covered during the cooking, and finish off each kettle of fruit as it is ready.

OPEN KETTLE METHOD

Wash and prepare fruit as for serving. Make a syrup by boiling sugar and water together for 5 minutes. Add the fruit, let boil slowly according to length of time indicated. Test with a skewer or toothpick. Wash and sterilize jars and keep them in hot water until ready to fill. Remove from water by lifting jar with a wooden spoon. Set jar in a small pan, place a new scalded ring on jar, and fill jar at once to the top with boiling fruit and syrup.

If metal top jars are used, fill within one inch of the top. Slip the blade of a silver knife around the inside of jar, to exclude all air, and allow the syrup to circulate around the fruit. Put on sterilized cover and seal at once.

The work of filling and sealing must be done rapidly and fruit must be boiling hot when put into jars to avoid introducing bacteria. Fill and seal each jar before proceeding to the other. Place the jars on a board, with spaces between, to cool quickly. Keep out of drafts.

If glass top jars are used, tighten the bands gradually as the glass cools. Turn the jars upside down to test for leakage. Do not tighten or turn metal top jars upside down.

Cook only a small quantity of fruit at a time to retain flavor and shape. If a large quantity of fruit is to be canned at one time it is best to make the required amount of syrup, then divide it into two kettles, keeping the second one on the back of the stove or over a low heat until required. This way the syrup does not become strong or dark with long cooking.

Do not crowd the syrup with fruit. Fill and seal jar or two with the finished fruit, cover with syrup and seal at once before proceeding with more.

COLD PACK METHOD

Wash and prepare fruit as for serving, and pack raw in clean, hot jars. If fruit is to be peeled, dip into boiling water until the skins loosen and then into cold water. Slip skins off.

Pack in jars and pour over hot syrup, leaving a space of one inch in top of metal-top jar, filling them full if glass-top jar is used. Paddle, that is, remove air bubbles by inserting the blade of a silver knife down the side of the jar, allowing liquid to circulate all through the jar.

Adjust new scalded rubbers and tops. Seal. Place jars in preserving kettle (canner), fill with warm water to the tops of the jars. Bring to boil and process the required length of time.

HOT PACK METHOD

In the hot pack method, fruits are cooked for a short time on top of the stove in an open kettle (pre-cooked). This method shrinks the fruit and drives out the air bubbles. Pre-cook fruits in the boiling syrup for 3 minutes.

Pack at once as hot as possible into hot, scalded jars. Adjust new scalded rubbers and seal. Place in kettle containing hot water and process as usual.

STEAM PRESSURE COOKER

Temperatures higher than boiling water are obtained by using steam under pressure. Such temperatures are necessary to make certain that dangerous bacteria are destroyed. A steam pressure cooker or canner consists of a metal kettle and cover which can be clamped together to make a steam-tight cooker. The cover is equipped with a steam pressure gauge or with a set of weights serving the same purpose. A petcock or vent pipe with weight is provided for venting i.e., forcing out air which is shut in the cooker when the cover is locked on. A pressure gauge must be accurate. The dial gauge should be tested each season. Even though the gauge is accurate, a false reading will be obtained and under-processing occur unless all the air is allowed to escape after the cover has been locked on a cooker containing the required amount of hot water (see manufacturer's instructions) and jars of food to be processed. To rid the cooker of air, leave the petcock open or vent pipe weight off until steam has escaped seven or preferably ten minutes. Then close the petcock or vent. Start counting time when the correct pressure (usually 10 pounds) is reached. Keep the pressure steady the number of minutes given in the time table. Remove cooker from heat and let pressure go to zero before removing cover. Steam pressure cookers give satisfactory results when kept in good condition and used according to the manufacturer's instructions. Otherwise, they give trouble.

PROCESSING MEAT AND VEGETABLES IN GLASS JARS

Put about $\frac{1}{2}$ inch of water in the bottom of the cooker. When canning in glass in the cooker, put in rack and set jars in rack. Do not have jars touching—allow half inch between jars. Put on cover, fasten securely by turning screw in one-piece clamping band.

Leave control valve open until steam has escaped freely for 7 minutes, then close control valve and start counting time when desired pressure is reached. Process according to time given.

To prevent the loss of liquid in glass jars, maintain an even pressure in the pressure cooker.

When through processing glass jars, do not blow steam out of the cooker rapidly because it will draw the liquid from the jars. Set the cooker off the stove and cool gradually.

When the pressure gauge shows zero, open the safety valve and remove cover. Be sure to open control valve when pressure gauge indicator reaches zero, otherwise a vacuum will form in cooker which prevents lifting cover off easily.

Remove jars. The two-piece, self sealing cap requires no further tightening at the end of the processing period. Set jars in upright position to cool.

WATER BATH CANNER: Any deep container in which water can be boiled. It should be 12 inches or more in depth, have a lid and also a rack or basket to keep the jars from touching the bottom. Put water in canner to heat before preparing the food for canning. Water should be hot but not boiling when filled jars are lowered into it. JARS ARE LIKELY TO BREAK IF PUT INTO A CANNER OF BOILING WATER. Add more hot water, if needed, to cover the tops of the jars one or more inches. Bring water to a rolling boil as quickly as possible, then begin counting time. Keep water boiling steadily but not so fast as to shake the jars. Never allow the water to reach a thumping boil. Remove jars from canner as soon as processing time is up.

STEAM COOKERS: Steam and "waterless" cookers, of which there are several styles, should not be confused with the steam pressure cooker, nor should they be used for processing low acid vegetables and meats. The temperature within steam and "waterless" cookers seldom rises above boiling point of water—it more often falls below. If using steamers, process $\frac{1}{4}$ longer than required for hot-water bath.

OVEN CANNING: The high percentage of known failures proves the oven method to be unsafe, regardless of the type of jar, cap, or oven used. Therefore, those who do oven canning should be prepared to accept full responsibility in the event of food spoilage or injury to property or person.

★ THE IMPROVED "GEM" JAR

A semi-wide mouth jar that seals with a glass lid, rubber ring and zinc screw band.



LEAKAGE

It is a good idea to leave the jars of fruit in a place where they may be examined occasionally for a week or longer. If fruit shows signs of leakage, the contents of the jar may be removed to another clean hot jar and re-processed with new rubbers or lids for 10 minutes. If vegetables show signs of spoilage, discard contents of jar at once. Do not try to re-process or use.

SELECTION OF FRUITS AND VEGETABLES

This selection is very important. The products should be fresh and firm. It is better to have fruits a little under-ripe than over-ripe. Fruits that are over-ripe, bruised or blemished in any way should be set aside for making jam. When possible, fruits should be graded, keeping those uniform in size and state of ripeness, together.

WHEN FRUITS ARE WATER-LOGGED

When you are canning fruits in a wet season, naturally the fruit is sure to be more or less water-logged. You must realize this condition when you are calculating your syrup for canning. Be sure to decrease the amount of water called for in the recipe. Fruit that has absorbed a lot of water often becomes flat and tasteless and, as it stands on the shelves, develops a mouldy flavor, although no mould is evident. This is particularly noticeable in the smaller fruits.

SHRINKAGE

Shrinkage may occur during processing because of improper and insufficient pre-cooking, careless packing, poor grading, processing for too long a period, or lack of judgment in the amount and size of product put into the container. This will have no effect on the keeping of the product if thoroughly sterilized and the jar sealed. Jars should not be opened.

FLAT SOUR

Corn, Peas, Beans and Asparagus may show no sign of spoilage, and yet when the jar is opened have a sour taste and disagreeable odor. This is known as "flat sour" and can be avoided by using fresh products and properly processing, cooling and storing.

COOLING

Keep out of draft. Invert screw top jars to test for leaking and to finish cooling. Do not invert clamp-top jars or two-piece metal cap jars.

Do not stack one on top of the other. To avoid breakage, place cloth or paper under jar when placing them on metal-top or marble table.

Do not put the jars away until they are cold, then they may be stored in a cool, dry place.

Never store fruits or canned meats in a close atmosphere. A circulation of fresh air is very necessary for damp, stale air will cause mould.

TO USE HOME-CANNED VEGETABLES

Vegetables should be removed from jar, placed in pan with canning liquid, uncovered, brought to boiling point, then simmered for 10 minutes.

STORAGE

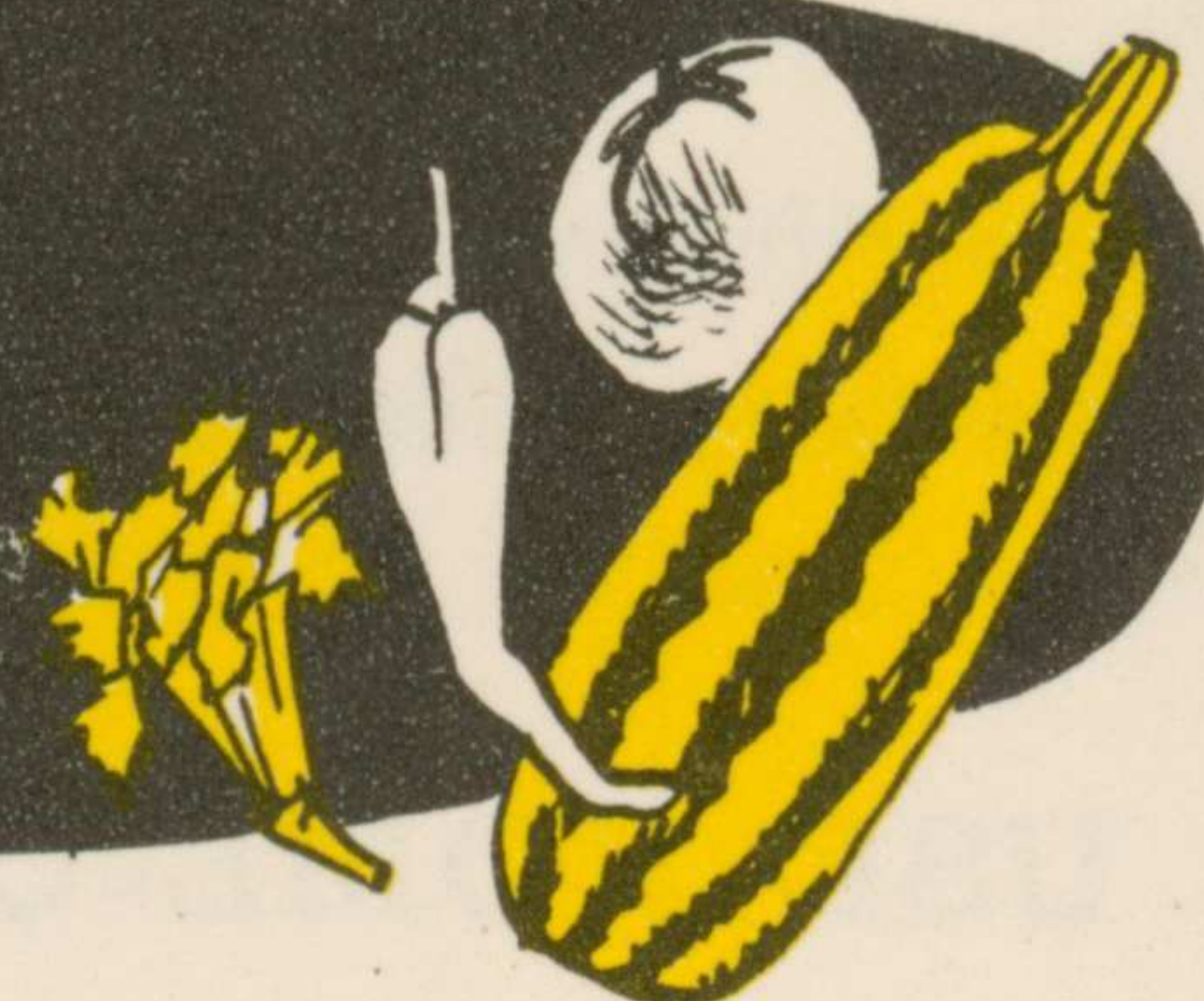
Remove jars from canner. Cover a rack with a clean towel or paper and set jars on rack. Keep jars away from drafts. Let stand until cool, examine for leakage and if in good condition, label and store in cool, dry place. 50 to 60 degrees F. is an ideal temperature for storage. Freezing does not harm foods, but sometimes tends to darken them, makes them soft, and may cause breakage.

PASTEURIZING

Fruit juices, grapefruit, preserves, pickles and relishes should, for best results, be pasteurized—processed below the boiling point. The jars are placed in a water bath which is kept at a temperature of from 160 degrees F. to 200 degrees F. The time and temperature vary according to the nature of the material used.



Definitions of Canning Terms



ACID FOODS: Fruits, tomatoes, rhubarb and pimientos are acid foods.

BOTULINUS: Bacteria found in the soil have been known to cause toxin to form in carelessly canned foods. No danger when clean, sound, unblemished fresh produce is selected, prepared and canned according to instructions. Low acid foods should be boiled 15 minutes before tasting. The 15 minutes boiling is to destroy any toxin which may be present.

COLD PACK: To fill jars with raw food to be canned.

ENZYMES: Substances which bring about natural changes in raw foods.

FLAT-SOUR: The most common form of spoilage in vegetables. Flat-soured food may look good but it tastes, and usually smells, bad.

FRUIT JAR: Glass jars used by home canners when putting up fruits, vegetables, meats, etc. Every good fruit jar has the name of the jar moulded in its side. We recommend the Improved Gem, the Wide Mouth Best or Wide Mouth Ideal Jars.

HEAD SPACE: The space left at the top of the jar when filling, or packing with food to be canned.

JAR CAP: There are two kinds —

1. Jar cover made up of screw-on metal band, metal lid, and rubber gasket or metal lid with flowed in compound.
2. Jar cover made up of screw-on metal band, glass lid, and separate rubber ring.

JAR LID: A shallow cover of glass or metal. Fastens on jar with metal band.

JAR RING OR RUBBER: A flat ring of rubber used as a cushion or gasket between glass lid and jar.

LOW ACID (Commonly called Non-acid Foods): All vegetables, except those mentioned as acid foods; soups, meats, poultry, game and fish are low acid.

METAL BAND: A screw-on band of metal used to fasten lid on jar. The same band cannot be used with both glass lid and metal lid.

OPEN KETTLE: The way of canning fruits by cooking them in an uncovered kettle, then filling hot jars, one at a time, from the boiling kettle. Each jar must be filled and sealed quickly.

ORGANISMS OF SPOILAGE: Bacteria, yeasts, and moulds are low forms of plant life, known to scientists as micro-organisms. These organisms ruin any canned food in which they are allowed to grow.

PACK: Manner in which jars are filled also refers to the food in the jars.

PARTLY SEAL: Leaving caps or lids loose enough for steam to get out of the jars while they are processing. They must be tightly sealed as soon as removed after processing is completed.

PRE-COOK: To heat food thoroughly before putting it into jars for canning.

PROCESSING: Cooking jars of food in hot water bath or in steam pressure canner or cooker.

SEALING: Closing jars airtight.

SPOILAGE: Canned foods are spoiled when they work, mould, become cheesy, sour or otherwise unfit to eat.

STEAM PRESSURE CANNER OR COOKER: A kettle fitted with steam-tight lid. Lid has safety valve, petcock, and pressure gauge.

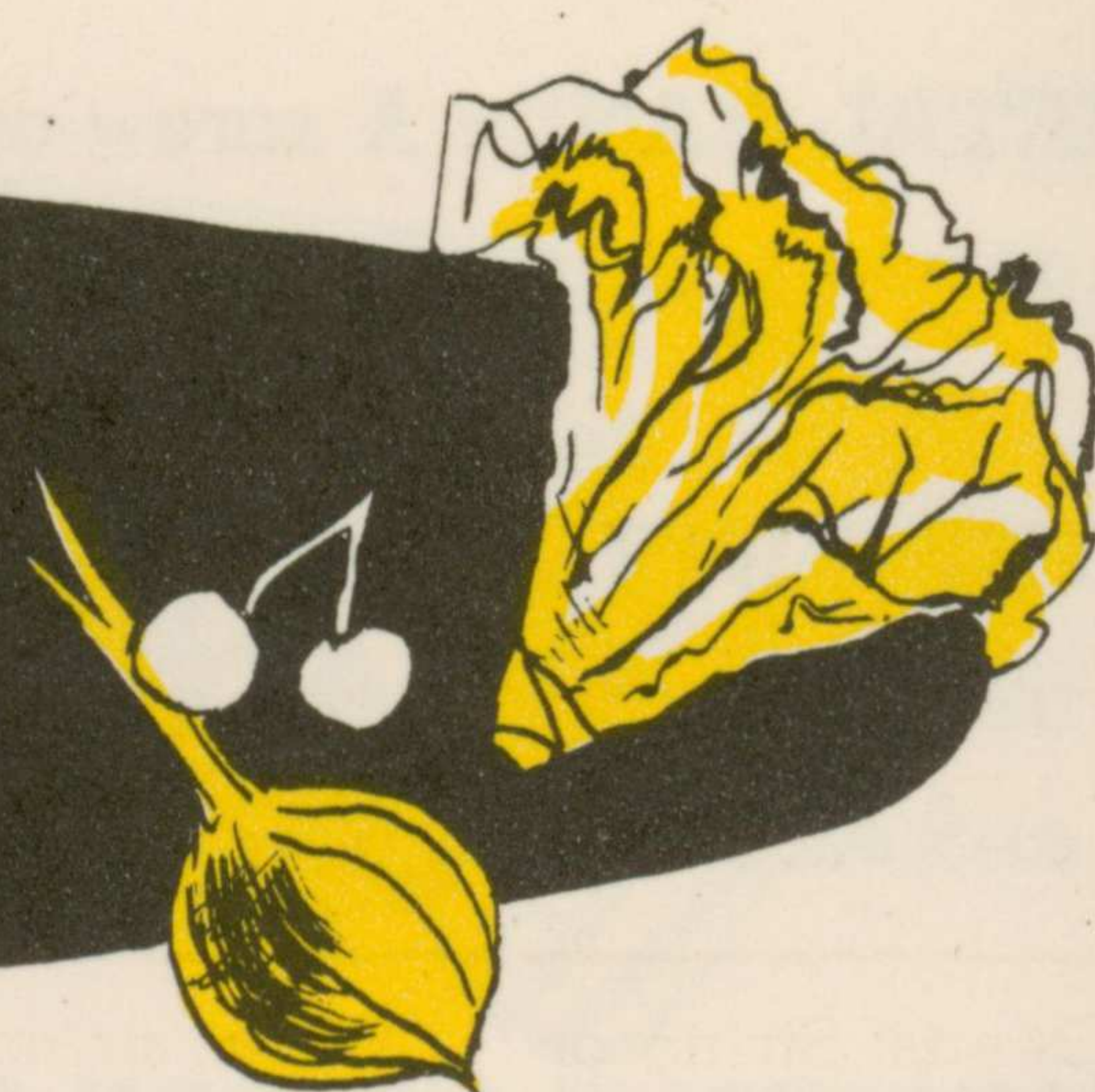
STERILIZE: To heat food, jars, caps and rubbers long enough to kill the organisms that would, if not killed, cause food to spoil.

WATER BATH CANNER: A deep, flat bottom kettle or can, in which water can be boiled; must have cover and also rack, platform, or basket to keep jars from touching canner.

VACUUM: Vacuum in a jar plus the natural pressure of air on the outside will hold a lid down to make and keep an airtight seal. When a jar is heated, the solids, liquids, and air in it expand and some of the air is forced out. As the jar cools, everything in it shrinks, leaving an airless space at the top. The empty space with no air in it is called vacuum.

SECTION FIVE

Processing Timetables



CANNING TIMETABLE FOR FRUIT

		Hot Water Bath; TIME IN MIN.	Pressure Cooker; 5 lbs. TIME IN MIN.	Oven 250° F. TIME IN HOURS
Apricots	Wash, halve and pit. Pack, add syrup.	20	10	1 hr. 15 min.
Berries (except strawberries)	Wash, stem, pack. Add syrup or water.	20	8	1 hr. 8 min.
Cherries	Wash, stem, pit, pack. Add syrup.	20	10	1 hr. 8 min.
Currants	Wash, stem, pack. Add syrup or water.	20	10	1 hr. 8 min.
Fruit Juices	Crush fruit, heat slowly, strain. Pour into jars. Process in water bath.	30 (180° F., just simmering)		
Grapes	Wash, stem, pack. Add syrup or water.	20	8	1 hr. 8 min.
Peaches	Peel, pack, add syrup or pre- cook 3 min. in syrup, pack, add syrup.	20	10	1 hr. 8 min.
Pears	Select not over-ripe pears, pare, halve, pre-cook 3 min. to 5 min. in syrup. Pack. Add syrup.	25	10	1 hr. 15 min.
Plums	Wash. Prick skins. Pack. Add syrup.	20	10	1 hr. 8 min.
Strawberries	Wash, stem, pre-cook gently for 3 min. in syrup. Remove from syrup and cool. Boil syrup 3 min. Add berries and let stand for several hours. Re-heat, pack.	20	8	1 hr. 8 min.
Tomatoes	Scald 1 min., cold dip 1 min. Peel, core, quarter, pack.	35	10	1 hr. 15 min.
Tomatoes (For salad)	Scald 1 min., cold dip 1 min. Peel, core, pack. Cover with tomato juice.	35	10	1 hr. 15 min.

CANNING TIMETABLE FOR VEGETABLES

		Hot Water Bath Time in Hours	Pressure Cooker Mins.	Pressure Cooker Pounds
Asparagus	Wash, trim. Pre-cook 3 min. Pack.	3	40	10
Beans: String or Wax	Wash, string, cut or leave whole. Pre-cook 3 mins. Pack.	3	40	10
Beans, Lima	Shell, grade. Pre-cook 3 mins. Pack.	3	55	10
Beets	Wash, leave roots and stems long. Pre-cook 15 mins. Slip skins, Pack.	2	40	10
Carrots	Wash, peel, pre-cook 5 mins. Pack.	2	35	10
Cauliflower and Broccoli	Remove outside leaves, wash, pre-cook 4 mins. Pack.	2½	35	10
Corn on Cob	Remove husks. Pre-cook 3 to 5 mins. Pack.	3½	80	10
Greens, all kinds	Wash thoroughly. Steam or pre- cook, to wilt. Pack loosely.	3	60	10
Onions	Peel, Wash, Pre-cook 5 mins. Pack.	3	40	10
Tomato Juice	Wash, peel, cut in sections. Sim- mer until soft, press through fine sieve. Bring to boiling. Pour at once into sterilized jars. 5 mins.	5 min.	—	—

TABLE FOR PROCESSING AT HIGH ALTITUDES

Time tables for processing allow, for first 1000 feet of altitude. For higher altitudes, use the following table which is based on 10% increase for each 500 feet.

OPEN KETTLE—COLD PACK—HOT PACK METHODS

ELEVATION										
2000 feet	Process	20% longer than time shown in tables and recipes								
3000 feet	"	40%	"	"	"	"	"	"	"	"
4000 feet	"	60%	"	"	"	"	"	"	"	"
5000 feet	"	80%	"	"	"	"	"	"	"	"
6000 feet	"	100%	"	"	"	"	"	"	"	"
7000 feet	"	120%	"	"	"	"	"	"	"	"
8000 feet	"	140%	"	"	"	"	"	"	"	"

For Altitude Table for pressure cooker see Page 23.

WHEN USING A PRESSURE COOKER

PROCESS VEGETABLES:

1. Keep the pressure cooker clean, particularly the openings to the petcock, safety valve and pressure gauge . . . a toothpick or sharpened match may be used to clean these vents . . . NEVER immerse the lid in water.
2. Use sufficient water to provide steam during the entire processing time . . . usually about 1 inch of water is required.
3. Place filled containers in cooker at least 1 inch apart.
4. Adjust lid of cooker and fasten securely.
5. Open petcock and keep open until steam escapes with a distinctly audible sound. This takes 5 to 10 minutes.
6. Close petcock and allow pressure to rise slowly until the gauge indicates the required pressure. Start to count processing time at this point.
7. Process the required time for vegetables. (See Table and note carefully processing time for Vegetables in glass containers. Because of necessity of slow cooling, processing time is less than for cans.)
8. At end of processing time, remove cooker from heat and allow pressure to drop gradually to zero of its own accord. Sudden cooling may crack the enclosed containers or cause loss of liquid from under lids of sealers.
9. Slowly open petcock. Let cooker cool for two or three minutes.
10. Remove lid in such a way that the steam will be directed away from the face. Immediately cover open cooker with a dish towel and let stand one or two minutes.
11. Remove towel and leave sealers in cooker for 1 or 2 minutes longer or until bubbling in sealers ceases, before removing from cooker.

TEMPERATURES OF STEAM

At 5 pounds steam pressure.....	227 degrees F.
At 10 pounds steam pressure.....	239 degrees F.
At 15 pounds steam pressure.....	250 degrees F.
At 20 pounds steam pressure.....	259 degrees F.
At 25 pounds steam pressure.....	267 degrees F.

PRESSURE COOKER

CANNING TIMETABLE FOR NON-ACID VEGETABLES

10 Pounds Steam Pressure

GLASS CONTAINERS

	PINTS	QUARTS
Asparagus.....	35 minutes	40 minutes.
Beans, Lima.....	55 "	70 "
Beans, Red Kidney.....	55 "	70 "
Beans, String.....	30 "	40 "
Beets.....	35 "	40 "
Broccoli.....	40 "	45 "
Brussels Sprouts.....	30 "	40 "
Carrots.....	35 "	40 "
Cauliflower.....	30 "	* "
Celery.....	35 "	40 "
Corn, Cream Style.....	100 "	* "
Corn, Whole Grain.....	60 "	* "
Corn, on Cob.....	* "	50 "
Egg Plant.....	55 "	70 "
Greens.....	55 at 15 lbs.	65 at 15 lbs.
Hominy.....	85 "	105 "
Mushrooms.....	30 "	35 "
Okra.....	25 "	35 "
Parsnips.....	35 "	40 "
Peas.....	45 "	* "
Potatoes, Sweet.....	120 "	155 "
Potatoes, White.....	40 "	50 "
Pumpkin.....	75 "	105 "
Squash.....	75 "	105 "
Spinach.....	55 at 15 lbs.	65 at 15 lbs.
Succotash.....	100 "	* "
Turnips.....	35 "	40 "

*—Not recommended.

NOTE: Greens and Spinach take 15 pounds pressure.

When processing in cookers equipped with thermometers, process according to temperature instead of pressure.

ALTITUDE CORRECTIONS TO TIMETABLE

Water boils at sea level at 212 degrees Fahrenheit. As the altitude increases, the temperature at which water will boil gradually decreases. The following table gives the temperature at which water boils at different altitudes. It also gives the number of minutes that should be ADDED to the time given in the timetable when processing in boiling water and with pressure.

Elevation Feet Above Sea Level	Boiling Point of Water F.	Extra Time in Minutes Boiling Water	Extra Lbs. Pressure Added to the Pressure Given
500	211	2	1
1000	210	4	1
2000	208	8	1
3000	206	12	2
4000	204	16	2
5000	202	20	3
6000	201	25	3
7000	199	30	4

PRESERVING RASPBERRIES & WILD FRUITS

Raspberries and all wild fruits may be done by this method. They keep their colour and shape and are delicious in flavour.

Use perfectly fresh fruits, as uniform in size as possible, keeping fruits that are crushed or over-ripe for jams and jellies.

Use perfect jars and tops which have been thoroughly scalded and are clean, being sure the jars and tops are in no way chipped or cracked.

To every three pounds of fruit, use one pound of sugar; place alternate layers of sugar and berries in the jars, tapping the jars gently on the table, so that the fruit will be well packed but not crushed.

If using glass tops, fill to overflowing, if metal top jars are used, leave $\frac{1}{2}$ an inch space at top.

Seal airtight and process in boiling water (at the simmering point) for 12 minutes. Tighten all glass top jars on removing but DO NOT tighten bands on metal top jars, as this has a tendency to loosen the seal.

Do not boil the water in which jars are placed, past the simmering point. Hard boiling often draws the juice from the jars. Boiling water has reached a temperature of 212°F., and no matter how hard the water boils, it is no hotter, and only tends to cause disappointment in the finished product.

CANNING FRUIT JUICES

(To Be Used Later for Jellies or Beverages)

Many people like to extract juices from fruits when in season, bottle and use later for jellies or beverages.

If fruit juices are to be used later only for jellies, they may be extracted, concentrated (boiled to hold their volume) and bottled, then processed in hot-water bath for 20 minutes at 175-200 degrees F. If no thermometer is available, process at simmering, that is just below boiling—when bubbles begin to show on the surface of the hot water. They are then ready for use and need only to have sugar added and mixture boiled to jelly stage.

Grape and berry juices are clearer if left standing 12 or more hours and then siphoned or poured from the dregs which settle at the bottom. Filtered juices are more attractive in appearance but less so in flavour than unfiltered ones.

If fruit juices are to be used for beverages, the juices may be extracted, sugar added, and processed for 20 minutes.

Fruit juices are also useful for making punches, congealed desserts, molded salads, sauces, ice cream, sherbets, etc.

CANNING TIME TABLE FOR SOUPS

		Hot Water Bath. Time in Hours	Pressure Cooker in Minutes	Pressure Cooker in Pounds
Asparagus, Celery or Mushroom	Boil (use hard part of asparagus). Press through sieve, pour in jars. Season.	3	40	10
Pea or Bean	Pre-cook until soft, press through sieve. Pour in jars. Season.	3	60	10
Vegetable	Use any vegetable combinations, blanch or pre-cook. Pack, season, process time necessary for vege- table requiring the longest pro- cessing.	—	—	—

WEIGHTS AND MEASURES FOR PRESERVING

FRUIT	PACK	WEIGHT	YIELD
Raspberries or Strawberries	1 crate or 24 baskets	12 lbs.	10-12 pints or 5 to 6 quarts
Apricots	1 crate or 4 baskets	18 lbs.	10 quarts
Cherries	1 crate	20 lbs.	13 quarts
Peaches	1 crate	18 lbs.	10 quarts
Plums		15 lbs.	7½ quarts
Pears	1 box	42 lbs.	17 quarts
Crabapples	1 box	38 lbs.	23 quarts
Apples	1 box	42 lbs.	17 quarts

SUGAR SYRUP TABLE

(For Canning Fruits)

VERY LIGHT	1 cup sugar 4 cups water	Makes 4½ cups syrup
LIGHT	1 cup sugar 3 cups water	Makes 3½ cups syrup
MEDIUM	1 cup sugar 2 cups water	Makes 2¼ cups syrup
HEAVY	1 cup sugar 1 cup water	Makes 1½ cups syrup

To make syrup, add sugar to water, bring to boil. Boil five minutes.

NOTE: To determine the amount of syrup required, pack a quart jar with raw fruit, cover it completely with water. Pour the water off and measure it, then multiply it by the number of jars you are doing.

SYRUP TABLE

PERCENTAGE SYRUP	AMOUNT OF SUGAR	AMOUNT OF WATER
15%	7/8 cup	2 cups
20%	1 1/6 cups	2 cups
30%	1 3/4 cups	2 cups
45%	2 5/8 cups	2 cups

FRUITS PRESERVED WITHOUT SUGAR

The following fruits may be successfully canned without sugar by using boiling water instead of sugar-syrup. Fruits canned without sugar should be closely packed for best results.

It must be noted however, that only the water bath and pressure cooker methods should be used.

The open kettle method is not satisfactory when water is substituted for syrup.

Use the following times for processing:

	Pts. & Qts. Water Bath Min.	Pr.-Cooker 5 lbs. Time in Min.		Pts. & Qts. Water Bath Min.	Pr.-Cooker 5 lbs. Time in Min.
FRUITS					
Peaches.....	25	10	Apple Sauce.....	18	8
Pears.....	35	10	Blueberries.....	25	8
Plums.....	25	10	Cherries.....	25	10
Apples.....	35	10			

**Fruits and Berries Preserved Without Sugar For Pies and
Desserts and People Who Cannot Have Sugar**

Fruits used for pie making or for sauces may be canned without addition of sugar. Juicy fruits, as berries, cherries, currants and plums should be canned in their own juices. Water is not required.

Berries or fruits are cleaned and prepared for cooking. Then simmer from 2 to 4 minutes and pour immediately into hot sterilized containers, seal and process in hot-water bath.

For apples, peaches and pears or other less juicy fruits, some water is required. Prepare for cooking and add just enough water to prevent sticking or enough to make a sauce. Pre-cook for 5 minutes and pour into sterilized containers.

Process in hot-water bath, following chart for correct length of time.

Test jars carefully; having a perfect seal is very important when using this method of canning.

If you plan to use these fruits or berries as a sauce, we suggest that you open the jars at least half an hour before serving and add sugar to taste.

ALTERNATIVES FOR SUGAR: If you do not care to use sugar, there are sugar alternatives to use which include honey and syrups.

HONEY AND SYRUP IN CANNING

HONEY—Medium Syrup— $\frac{1}{2}$ cup honey, $\frac{1}{2}$ cup sugar, 2 cups boiling water. Honey has a definite flavour of its own and this must be considered when it is used for canning. Measure honey in liquid form.

Honey can be used satisfactorily to replace half the sugar in all recipes that call for sugar.

SYRUP—Medium Syrup— $1\frac{1}{2}$ cups corn syrup boiled with 1 cup water. The addition of one teaspoon lemon juice or a few grains of salt to each quart jar of fruit improves the flavour when corn syrup is used.

Canning syrup made from combination of sugar and syrup—1 part sugar, 1 part syrup and 2 parts water.



FREEZING



WHY QUICK FREEZE?

Quick-frozen foods offer a number of advantages that are not found in foods prepared by other methods of preservation. More food value is retained. The frozen product resembles fresh food in colour, flavour and texture. Less time is required for preparing food for freezing. Fuel is saved because heat is needed only for blanching vegetables. There is no danger of food poisoning while the goods are held in their frozen state. Fruits that are eaten raw may be held in their ripe state and served out of season.

For quick freezing, select fruits and vegetables at the proper degree of maturity for "good eating". Good quality meats and poultry are a necessity for satisfactory results. Freezing will not make poor products over into good ones, so quality is a **MUST**. Speed is an essential in quick-freezing. Prepare and freeze products immediately after harvesting, handling small quantities at a time to avoid loss of colour, flavour and appearance. Follow directions carefully for preparation, blanching and packaging. Put your packaged fruits and vegetables into the locker plant with as little delay as possible, where they will be held at zero storage.

FROZEN VEGETABLES

Practically all vegetables except those which are eaten raw as salad vegetables, namely lettuce, celery, radishes, cucumbers, tomatoes, cabbage and onions quick-freeze satisfactorily. Select young, tender vegetables of the proper variety. Prepare and wash as for canning. Vegetables for quick-freeze require a preliminary blanch. This is a **MUST**. Steam or boiling water for a specified length of time may be used for blanching.

WATER BLANCH

Place the prepared vegetables in boiling water for the length of time specified on the chart. Use a large covered kettle with a capacity of 6 to 10 quarts. Put the vegetables in a colander or thin cotton bag. Blanch only one pound at a time.

STEAM BLANCH

Have water at a full rolling boil. Place the vegetables in a steamer, so that they are in a strong steam, preparing just one pound at a time. Blanching time for vegetables begins when the water returns to a boil, after the vegetables have been added. Use a strong heat. Drain vegetables well and chill quickly to about 50 deg. F. Use an ample supply of ice water or cold running water. Keep the vegetables moving in the cold water, so that all parts are cooled. Left too long in the water, the vegetables may become waterlogged. If, however, they are not cooled completely they will go sour. Package and seal container. Put into locker plant with as little delay as possible.

HOW TO COOK FROZEN VEGETABLES

During preparation for freezing, frozen vegetables are partially cooked, but whether they are to be served hot as a dinner vegetable, or cold as in a salad, they require additional cooking after being removed from the freezer.

Frozen vegetables are packed either in solid bricks or loosely in the containers. In cooking both types, the object is to bring the product to the boiling point as rapidly as possible in order to preserve vitamins, flavour and colour. If more than one package of frozen vegetables are to be cooked at one time, the saucepan used should be large enough in diameter to allow them to rest on the bottom of the pan, that is, one frozen block should not be placed on top of another.

It is NOT necessary to thaw frozen vegetables before cooking, with one exception, that is CORN ON THE COB. It should ALWAYS BE THAWED or the kernels will be overcooked before the cob is even hot.

METHOD OF COOKING

1. Use a tightly covered saucepan.

2. With DRY PACK vegetables: Use $\frac{1}{2}$ cup of boiling water and $\frac{1}{3}$ teaspoon salt to one pint container of vegetables (4 servings). This is sufficient for most vegetables but for cauliflower, $\frac{3}{4}$ cup is required. Corn on the cob should be covered with water.

With **BRINE PACK** vegetables: Use only one or two tablespoons boiling water to prevent vegetables from scorching as they begin to thaw. No additional salt is required.

3. To hasten thawing and to ensure uniform cooking, break the melting mass apart with a fork. This applies particularly to asparagus, broccoli and spinach.

4. Bring water or brine to boiling point as quickly as possible after adding vegetable.

5. When water or brine begins to boil, reduce heat so that liquid boils gently for the rest of the period. COUNT TIME OF COOKING FROM MOMENT WATER REACHES BOILING POINT.

PREPARATION OF VEGETABLES FOR FREEZING

The introduction of the New Wide-Mouth BEST JAR provides for you convenient placing of frozen foods in your locker or canned foods in your fruit cupboard. BEST JARS are square, wide mouth, jars with glass tops and metal bands, making it easier to pack your fruits or vegetables perfectly.

VEGETABLE	VARIETY	PREPARATION	BLANCHING PERIOD		COOKING FROZEN VEGETABLES
			Water	Steam	
Asparagus	Martha Washington	Cut stalks to approx. 4½" lengths. Sort large and small stalks.	Small Stalks, 3 min. Large Stalks, 4 min.	3½ min. 4½ min.	Place frozen product in boiling water and boil 8 to 10 minutes.
Beans Pole or Bush Green or Yellow	Kentucky Wonder Tendergreen Black Valentine Bountiful Pencil Pod Black Wax	Snip. Cut in desired lengths.	2 min.	3 min.	Place frozen product in boiling water and boil 6 to 8 minutes.
Beans Green Lima Broad	Henderson Bush Fordhook Large Seed Type	Shell pods.	Medium, 1½ min. Large, 2 min.	2½ min. 3 min.	Place frozen product in boiling water and boil 5 to 10 minutes.
Beets	Detroit Red	Cut off tops. Blanch small beets. Cook mature beets.	Small, 2½ min. Mature, cook until tender	3½ min. Cook until tender	Place frozen product in boiling water and cook until tender.
Beet Greens	Detroit Red	Eliminate all coarse leaves.	2 min.	3 min.	Place frozen product in boiling water and boil 3 to 5 minutes.
Broccoli	Italian Green	Cut head into pieces not bigger than 1 in.	Small, 3 min. Large, 4 min.	4 min. 5 min.	Place frozen product in boiling water and boil 5 to 7 minutes.
Brussels Sprouts		Cut sprouts from main stem.	4 min.	5 min.	Place frozen product in boiling water and boil 3 to 4 minutes.
Carrots	Nantes Chantenay	Baby Carrots—Scrape and package whole. Large Carrots—Slice or cut in strips.	Baby, 3 min. Pieces, 3 min.	4 min. 4 min.	Place frozen product in boiling water and boil 5 to 10 minutes.
Cauliflower	Any White Variety	Cut head into pieces not thicker than 1 in.	Small, 3 min. Medium, 4 min.	4 min. 5 min.	Place frozen product in boiling water and boil 5 to 7 minutes.

Corn Cut Kernels	Golden Bantam Sweet Hybrid	Husk corn, blanch and cut off kernels.	6 min.	6½ min.	Place frozen product in boiling water and boil 3 to 4 minutes.
Corn On the Cob	Golden Bantam Sweet Hybrid	Husk. Eliminate over-ripe ears.	Small, 6 min. Large, 8 min.	6½ min. 8½ min.	Thaw product thoroughly. Place in boiling water and boil 3 to 4 minutes.
Egg Plant		Peel, slice in ⅓ inch slices.	4 min.	5 min.	Place frozen product in boiling water and boil 5 to 10 minutes.
Mushrooms		Cut off base of stems.	Small, 3 min. Large, 4 to 5 min.	3½ min. 4½ to 6 min.	Place frozen product in boiling water and boil 10 to 15 minutes. To fry, thaw product thoroughly and fry in hot fat.
Peas	Laxtons Tall Telephones	Shell. Discard over-ripe peas.	Small, 45 sec. Large, 60 sec.	1 min. 1½ min.	Place product in boiling water and boil 5 to 7 minutes.
Peppers	Neopolitan California Wonder	Remove seeds. Leave whole or slice	No blanch		If used whole, thaw and cook 30 minutes. Sliced peppers may be boiled or fried.
Rhubarb		Cut into 1-inch lengths.	90 sec.	2 min.	Place frozen product in boiling water and boil 10 to 12 minutes.
Spinach	King of Denmark Bloomsdale Savoy	Cut and discard thick stems and over-mature leaves.	2½ min.	3½ min.	Thaw thoroughly, and boil 3 to 5 minutes.
Squash, Summer	Any variety	Cut in ½-inch cubes.	3½ min.	4½ min.	Place in boiling water and boil 10 to 15 minutes.
Squash Winter	Danish Queen	Peel, cut in ½" cubes and cook until soft, or bake in shell till soft. Scrape flesh from shell and mash.	Cook until soft		Heat to proper temperature for serving.
Swiss Chard		Cut off and discard main stem.	2 min.	3 min.	Place in boiling water. Boil 8 to 10 minutes.
Turnips		Dice in ½ in. cubes. Cut off tops. Peel.	1 min.	1 min. and 10 sec.	Place in boiling water. Boil 12 to 15 minutes.

FROZEN FRUITS

The majority of fruits freeze satisfactorily. Preference is given to certain varieties. The intended use of the frozen fruit determines the type of pack, whether it be dry, sugar or syrup pack.

Dry pack—No sugar is added.

Sugar pack—Dry sugar is added.

Syrup pack—Sugar and water are boiled to make a syrup, which is cooled and added to the fruit.

PREPARATION OF FRUITS FOR FREEZING

PRODUCT	VARIETY	PREPARATION	PACK
Apples	Any variety	Peel, core, slice and blanch 90 seconds	Dry Pack or 30% syrup.
Apricots	Blenheim Tilton	Wash, pit, cut in halves	30% syrup
Cherries Sweet	Royal Anne Lamberts	Wash.	Cold water or 30% syrup
Cherries Sour	Montmorency Olivets	Wash and pit.	Dry sugar. Use 4 tablespoons per pint package
Cantaloupe	Hale's Best	Peel and cube.	Dry pack or 30% syrup
Cranberries	Any variety	Wash and stem.	Dry pack.
Currants Black or red	Any variety	Wash, stem, crush with sugar.	Dry sugar. Use 4 tablespoons per pint package.
Fruit Salad		Use any combination of fruit.	30% syrup.
Gooseberries	Any variety	Stem, wash, crush slightly.	Dry sugar. Use 4 tablespoons per pint package.
Grapes	Any variety	Stem and wash	45% syrup.
Plums	B. C. Prunes	Wash, pit and cut in halves.	30% syrup.
Peaches	Veteran Vedette Valiant	Peel, pit and slice.	30% syrup.
Pears	Any eating variety	Peel, core, quarter.	45% syrup.
Pineapple	Any variety	Peel, remove core, slice or dice.	45% syrup.
Raspberries Blackberries Loganberries	Taylor Washington Lloyd George	Rinse in cold water and sort.	Dry sugar. Use 2 tablespoons per pint package.
Rhubarb. See Vegetables			
Strawberries	British Sovereign	Wash in cold water. Hull, slice or leave whole.	Dry sugar. Use 2 tablespoons per pint package, or 30% syrup

Frozen fruits can be used as you would any sweetened fresh fruit, just as they come from the package. No matter how they are used, **do not remove** fruits from their cartons until ready to use them. All fruits keep their fresh-fruit flavour and colour only a short time after opening and some fruits, such as peaches, darken quickly when exposed to the air.

HOW TO THAW FROZEN FRUITS

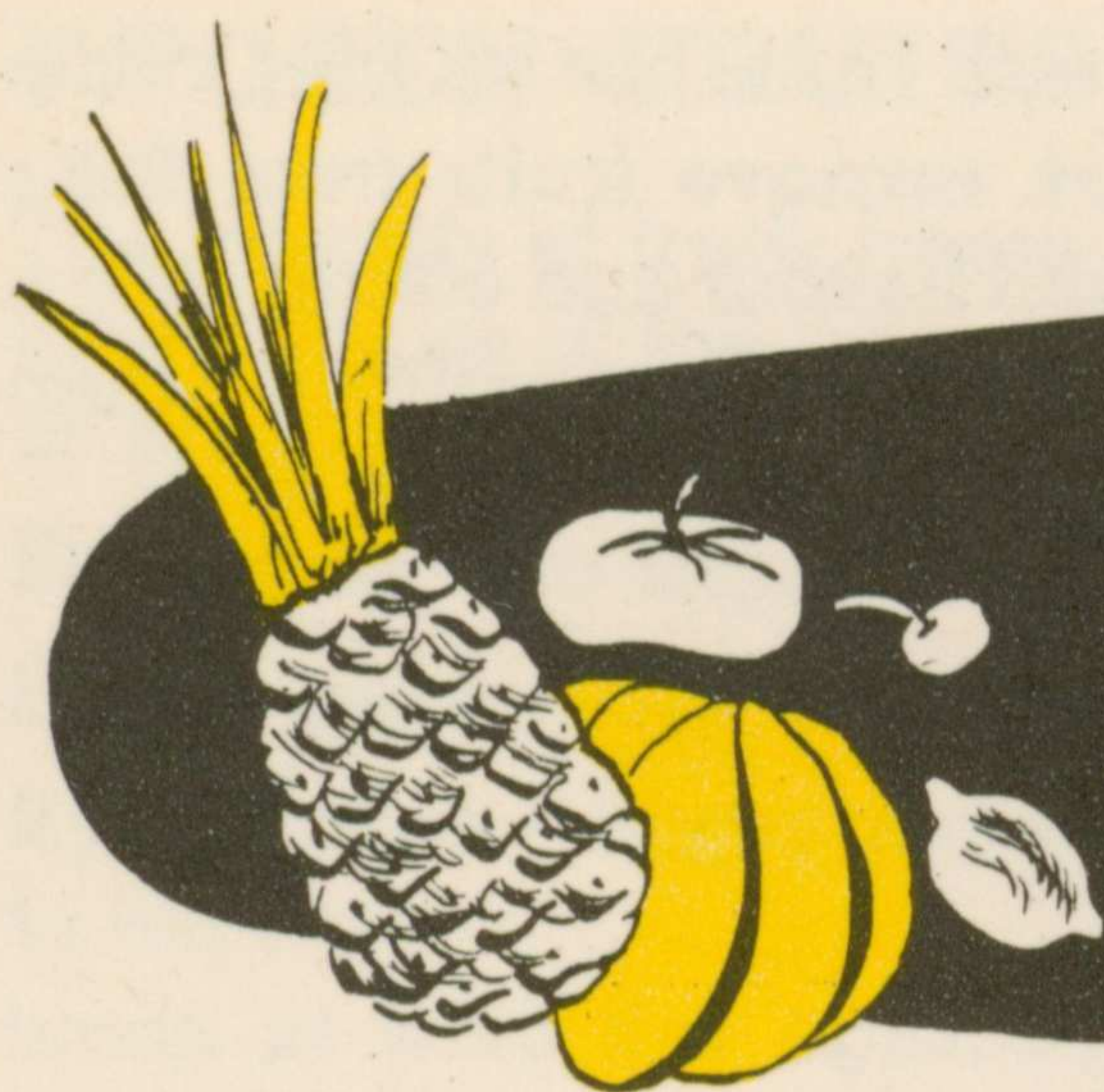
1. Put on open shelf of refrigerator. A one-pound package will thaw in about 6 hours.
2. Place package on kitchen counter. One pound will thaw in about three hours.
3. Place package before electric fan on kitchen table. It will thaw in about 1 hour.
4. If the package is watertight, it can be thawed in running cold water in 40 minutes.
5. Watertight package of fruit can be thawed in running lukewarm water in about 20 minutes. Remove package as soon as thawing has been completed.

★ THE WIDE MOUTH "BEST" JAR

A wide mouth jar that seals with a glass lid, rubber ring and metal band.



SECTION SEVEN



JAMS

BASIC JAM

Wash and stem the fruit (place it in a colander and hold under cold water tap, then drain well). Crush some of the fruit slightly to create a little bit of water to start the boil. Simmer for 5 minutes, add the sugar ($\frac{3}{4}$ lb. sugar for each lb. of fruit). Stir well, bring to quick boil and boil hard until thick and clear. The time varies according to the fruits, therefore must be watched very closely the last few minutes of boiling. Use a good-sized kettle to allow for a full rolling boil. The quicker the jam is boiled, the less pectin is lost. Stir often to avoid burning the last few minutes. Remove from heat, allow to stand a moment or two for scum to rise and set, so it may be easily removed. Place in jars, cool slightly, and paraffin.

SPECIAL BLACK CURRANT JAM

1 pound of black currants
1 pint of water
Boil for 20 minutes.

Add 2 pounds of sugar.
Boil for 10 minutes.

Turn into clean, dry jars, cool slightly and paraffin.

STRAWBERRY JAM

5 boxes berries
 $\frac{3}{4}$ cup water

4 cups sugar

Boil 2 cups of the sugar with $\frac{3}{4}$ cup of water until it spins a long thread or until a little dropped into cold water will harden. Then carefully drop the berries in and very gradually add the remaining 2 cups of the sugar. Boil hard for 15 minutes. Skim and turn into clean, sterilized jars and seal airtight.

OLD-FASHIONED STRAWBERRY JAM

2 quarts strawberries

6 cups sugar

Place clean, fresh strawberries, washed and hulled and well drained, into a large sieve and plunge into 2 quarts of boiling water. Allow to stand for about $\frac{1}{2}$ minute, and then plunge under the cold water tap. Add 4 cups of sugar and gradually bring to the boil; boil for exactly 2 minutes. Remove from the fire and when boiling ceases, add the remaining 2 cups of sugar and bring to the boil again for exactly 5 minutes. Pour into a shallow pan and allow to stand overnight. In the morning pack cold into clean, sterilized jars and seal airtight.

8-MINUTE STRAWBERRY JAM

4 cups sliced strawberries
4 cups sugar

$\frac{1}{2}$ lemon thinly sliced

Combine sliced berries, sugar and sliced lemon; place over low heat until sugar is dissolved. Increase heat and bring to full rolling boil; boil hard for exactly 8 minutes. Allow to stand for 1 minute, remove any scum, pour into sterilized jars. Do not double this recipe.

STRAWBERRY AND RHUBARB JAM

1 quart strawberries
1 quart rhubarb

Juice and grated rind of 1 large orange
6 cups sugar

Wash and hull berries and drain well. Wash rhubarb and cut in $\frac{1}{2}$ -inch pieces. Place rhubarb, strawberries, orange juice and rind in a heavy kettle, covered closely, and cook until the boiling point is reached. (This helps to extract the juice.) Add the sugar and stir until thoroughly dissolved. Boil until thick and clear. Pour into hot sterilized jars.

RHUBARB JAM

4 pounds rhubarb
3 pounds sugar

2 oranges
1 lemon

Wash rhubarb and cut in $\frac{1}{2}$ -inch cubes. Wash oranges and lemons and cut in halves. Remove juice and pulp with lemon squeezer. Put rind through the food chopper and combine with the juice and pulp. Combine with rhubarb. Add sugar. Put all in an earthenware bowl, cover and allow to stand overnight. In the morning drain well. Boil the juice quickly until a thick syrup is formed. This takes approximately 5 to 7 minutes. Combine at once with the fruit and cook until thick. Place in clean jars and seal. Equal amounts of rhubarb and strawberry makes a most delicious jam done by this method.

RHUBARB CONSERVE

4 pounds rhubarb
1 pound raisins
 $\frac{1}{2}$ pound coarsely chopped walnuts

3 pounds sugar
1 lemon
2 oranges

Wash and cut rhubarb in $\frac{1}{2}$ -inch pieces. Squeeze oranges and lemons. Put rind through food chopper. Combine all the fruits (including pulp and juice) thoroughly, then cook slowly for 20 minutes. Add sugar and stir well. Place over a low heat and bring to boil. Cook steadily until thick and clear. Add nuts 5 minutes before removing from heat.

RHUBARB MARMALADE

$\frac{2}{3}$ lb. strawberries
1 lb. rhubarb

$1\frac{1}{4}$ lbs. sugar.

Blend all ingredients, let stand 3 to 4 hours. Put on low heat, bring to boil, boil rapidly 35 to 40 minutes. Seal when cool.

RHUBARB PINEAPPLE CONSERVE

6 cups rhubarb

7 cups sugar

2 cups shredded pineapple

Cut the rhubarb in $\frac{1}{4}$ -inch pieces, and grate the pineapple, cook the pineapple in its own juice adding a tiny little bit of water if necessary. Combine the rhubarb, pineapple and sugar and cook until clear and thick. Pour while hot into clean hot jars and cover with paraffin.

GOOSEBERRY AND PINEAPPLE JAM

4 quarts gooseberries

1 $\frac{1}{2}$ cups sugar to each 2 cups of fruit

1 large pineapple

Remove heads and tails of gooseberries, pare the pineapple and remove the eyes, then chop or grate the flesh. Measure sugar and place in saucepan with just enough water to dissolve it. As soon as the syrup boils, add the fruit and cook until thick, stirring frequently, or cook the pineapple 15 minutes in water, then add the gooseberries and sugar and cook until thick. Pour into clean, dry glasses and when steam stops rising, seal with paraffin.

APRIBARB JAM

3 cups diced apricots

$\frac{1}{4}$ cup lemon juice

1 cup diced rhubarb

2 $\frac{1}{2}$ cups sugar

1 tablespoon grated orange rind

Combine all ingredients and cook, stirring occasionally, until thick and clear, about 35 to 40 minutes. Pour into hot, sterilized jars and seal airtight.

GOOSEBERRY JAM

1 quart gooseberries

$\frac{1}{2}$ cup orange juice

3 cups sugar

Grated rind of 1 large orange

Wash gooseberries and remove stem and blossom ends. Add orange juice and cook until berries are soft. Add the sugar and bring to a full rolling boil and boil until thick and clear, about 20 to 25 minutes. Pour into clean sterilized jars and seal.

RASPBERRY JAM

1 lb. raspberries

Juice of $\frac{1}{2}$ lemon

$\frac{3}{4}$ lb. sugar

Combine. Place over heat, bring to boil. Boil very rapidly about 20 minutes, add lemon juice and boil until it jellies, about 5 to 10 minutes longer.

BLACKBERRY OR LOGANBERRY JAM

Wash berries, cook in their own juice until thoroughly heated through. Press through a sieve to remove the seeds which are objectionably large. Measure pulp and juice and for every cup allow $\frac{3}{4}$ cup sugar, or maybe less for tartness. Mix well together. Cook rapidly until thick and clear.

SEEDLESS BLACK CURRANT JAM

Place currants in kettle with just enough water to prevent burning. Cook until fruit is soft. Remove from heat and put through pureer, juice and all. Measure pulp, cook for 5 minutes, then add 1 cup sugar to each cup of pulp measured, stir well to be sure sugar is well mixed with fruit, boil hard, stirring frequently for 10 minutes or until thick and clear. Skim if necessary; place in sterilized jars and seal.

BLACK OR RED CURRANT JAM

3 lbs. black currants

2 lbs. sugar

Wash, stem and drain currants. Place in saucepan with barely enough water to keep from burning, about $\frac{3}{4}$ cup. Cook quickly to extract juice, about 5 minutes. Remove from fire, stir in sugar, boil rapidly until jelly stage is reached, approximately 10 minutes. Allow to cool slightly, stir gently and pour into clean sterilized jars.

BLACK OR RED CURRANT JAM

(FROM JELLY PULP)

Take pulp from jelly process and put all through a sieve. Measure and to each cup of the currant pulp add $\frac{3}{4}$ cup sugar. Stir well, place over low heat until mixture begins to boil. Boil rapidly till thick, approximately 30 to 35 minutes.

1. PEACH JAM

18 peaches

5 whole oranges

Peel peaches, cut in halves and remove pits. Put peaches and oranges through food chopper, using fine or medium blade. Measure fruit and add $\frac{3}{4}$ as much sugar as fruit. Cook until mixture sheets from spoon as for jelly. If desired, add 1 cup chopped maraschino cherries. Pour into sterilized glasses and seal. Makes about five pints.

2. PEACH JAM

6 cups peeled, sliced peaches

1 tablespoon lemon juice

3 cups sugar

Mix all ingredients. Let stand 1 hour. Cook slowly until thick. Pour into sterilized glasses. Seal when steam stops rising.

PEACH AND CANTALOUPE JAM

2 cups diced peaches

2 lemons, juice and grated rind

2 cups diced cantaloupe

3 cups sugar

Combine all ingredients. Cook mixture until thick and clear. Turn into sterilized jars and seal.

ORANGE-PEACH MARMALADE

12 medium-size peaches

Peel from 1 $\frac{1}{2}$ oranges

$\frac{1}{2}$ cup chopped red cherries

Sugar

Pulp of 3 medium-size oranges

Wash, peel and pit peaches. Peel oranges and grind peaches, orange pulp and orange peel. Measure into a large preserving kettle and add $\frac{3}{4}$ as much sugar as fruit. (If fresh cherries are used, add them at this time, too, but if the cherries are canned add half way through the cooking period.) Bring to boiling point slowly and boil rapidly until thickened—approximately 25-30 minutes. Stir occasionally to prevent burning. Pour into sterilized jars and seal. Makes 9 glasses.

PLAIN APRICOT JAM

Four pounds apricots washed and pitted and cut in halves and placed in a preserving kettle with 3 pounds granulated sugar, juice of 1 lemon. Place over the heat and cook until thick and clear. A handful of the apricot pits which have been blanched and split may be added the last 10 minutes of cooking if desired. This jam takes about 40 minutes to cook.

APRICOT AND ORANGE CONSERVE

2 cups diced apricots	2 tablespoons lemon juice
1 cup diced oranges	2 cups sugar
1 teaspoon grated orange rind	

Wipe apricots, halve and remove stones, cut fruit into small pieces. Combine with other ingredients and cook, stirring occasionally to prevent sticking, until thick and clear. Pour into hot, sterilized jars and seal airtight.

DRIED APRICOT AND PINEAPPLE JAM

4 lbs. dried apricots	or 1 tin crushed pineapple, well-drained
3 lbs. sugar	Juice 1 lemon.
1 large, fresh pineapple, grated,	

Soak apricots overnight in just enough water to cover. In the morning cook apricots slowly, without draining off any water, for 20 minutes. Add sugar, pineapple and lemon juice. Cook until thick and clear.

CHERRY JAM

Wash, stem and pit cherries, put through coarse food chopper, measure pulp and to each cup add $\frac{3}{4}$ cup sugar, stir and allow to stand 2 to 3 hours. Place over low heat, bring to boil and cook rapidly about 30 minutes. ($\frac{1}{3}$ red currants is nice.) (To 2 lbs. cherries, add 1 teaspoon almond extract when removing from heat.) (Use crushed pits in bag when boiling cherry jam, then remove.)

PLUM JAM

5 pounds plums	2 tablespoons lemon juice if desired
4 pounds sugar	

Wash the plums. Remove pits and cut plums into small pieces. Combine sugar with plums and lemon juice. Allow to stand in an earthenware bowl overnight. In the morning place over low heat and stir frequently to prevent burning until the sugar is dissolved, and the juice of the plums is extracted. Cook rapidly until thick. Pour in jars and seal. For Spiced Plum Jam, add any desired spices to taste.

CONCORD GRAPE JAM

Stem, wash and drain grapes. Squeeze grapes in your hand, doing a handful at a time. The pulp will leave your hand and drop into the kettle. Then put the skins in a separate bowl. Put the kettle containing the pulp and seeds over a low heat with barely enough water to keep them from burning, stirring frequently, and cook slowly for 10 minutes. Remove and press through a sieve to take out the seeds. Combine the pulp and skins. Measure and add $\frac{3}{4}$ cup sugar to 1 cup fruit. Boil until thick—about 40 minutes. Bottle and seal airtight. If desired, a few whole cloves or a stick of cinnamon or a thinly sliced lemon may be added according to taste.

GRAPE BUTTER

4 pounds grapes

1 pound sugar

Wash and stem grapes. Cook in a small amount of water until the skins are soft. Press pulp through a strainer to remove seeds and skins. Add sugar and cook until clear and thick. Pour into hot sterilized jars and seal airtight.

CITRON JAM

4 pounds citron

Juice of 1 lemon

3 pounds sugar

Peel, seed and cube finely citron or put through food chopper, using the coarse blade. Add lemon juice and $\frac{1}{2}$ cup water and place over a low heat in a closely covered kettle, and simmer gently until the citron takes on a transparent appearance. Remove cover, add sugar and stir until it is thoroughly dissolved. Boil rapidly, uncovered, until thick and clear. Bottle at once in sterilized jars. When available, ginger may be substituted for the lemon.

APPLE BUTTER

$\frac{2}{3}$ cup sugar

1 cup apple pulp

The apples for this should be firm and not over-ripe. Cut apples in quarters, do not remove peel or core. Cook with water until tender and then put through a sieve. Measure pulp and heat it for 5 minutes. Add $\frac{2}{3}$ as much sugar as fruit by measure and spice the mixture, if desired. Cook until thick and clear—about 35 to 40 minutes. As fruit butter scorches very easily, it requires constant attention and stirring. Very satisfactory fruit butters may be made from fruit that has been used for jelly. After one extraction add water to the pulp in the jelly bag, boil for a few minutes and press through a sieve. Then proceed according to general directions for fruit butter.

HEAVENLY JAM

4 oranges

1 dozen peaches

2 lemons

1 dozen apples

1 dozen pears

Sugar

First put oranges and lemons through the food chopper, using medium blade. Place in preserving kettle, boil gently while preparing other fruits, which are also peeled and put through food chopper. Add these to first mixture, measure and add $\frac{3}{4}$ as much

sugar as fruit, boil until thick and clear, about 30 minutes. If boiled very rapidly this jam retains its lovely colour. The rind of the orange and lemon may be omitted if desired, using just the pulp and the juice.

APPLE GINGER

Sour apples	$\frac{1}{2}$ ounce ginger root
$1\frac{1}{2}$ lbs. brown sugar	Few grains salt
Juice and grated rind $1\frac{1}{2}$ lemons	Water

Wipe, quarter, core, pare and chop apples to make $2\frac{1}{2}$ pounds. Add sugar, juice and rind of lemon, ginger root, salt and enough water to prevent apples from burning. Cover and cook slowly $2\frac{1}{2}$ hours adding water as necessary. Pour into sterilized jars and seal.

PEAR AND GINGER JAM

4 lbs. pears	2 lemons
$\frac{3}{4}$ cup water	2 ounces preserved ginger
3 lbs. sugar	

Pare, core and cut the pears in pieces, cook with water until fruit is tender. Add juice and grated rind of lemon, ginger and sugar. Cook until thick and clear, about 40 minutes. Turn into sterilized jars and seal airtight. Omit preserved ginger if not available.

APPLE MARMALADE

Wash, quarter and cut into small pieces, coarse-grained Canadian-grown apples. Add cold water and cook slowly until very soft. Rub through a strainer, and for each cup of apple pulp add $\frac{3}{4}$ cup sugar. Add grated lemon rind and lemon juice, allowing $\frac{1}{2}$ lemon to each 6 cups of apple pulp. Cook slowly, stirring very frequently until thick. Put in jars or glasses and cover with paraffin wax. When cold, the marmalade should cut like cheese or jelly. Preserved ginger, cut fine, may be added, using 1 tablespoon for each 6 cups of pulp.

THREE-FRUIT CONSERVE

2 cups of shredded pineapple and juice	4 cups hulled strawberries
2 cups diced fresh rhubarb	5 cups sugar
	Pinch of salt

Canned or fresh pineapple may be used. If the pineapple is fresh it should be finely shredded and cooked over a very low heat in its own juice for 10 minutes, this is done by placing the pineapple in the top of the double boiler over rapidly boiling water, having it very closely covered, this prevents the pineapple from becoming tough. (Combine the rhubarb, salt, sugar, and the pineapple and bring to the boiling point and then add the strawberries and continue to cook for about 30 minutes. This should not be a hard boil, but merely a quiet steady boil.) When the jam is done it should be

thick and transparent. Stir frequently to avoid burning. Turn into clean dry glasses. Makes from 5 to 6 eight-ounce glasses.

MARROW JAM

4 lbs. marrow, steamed till soft, then scraped from shell	3 lbs. sugar 1 tablespoon lemon juice
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Simmer gently until sugar completely dissolves. Boil rapidly for about 20 minutes, stir in 1 tablespoon lemon juice, then cook till thick and clear, about another 10 to 15 minutes.

WITH GINGER—One tablespoon chopped preserved ginger may be added, if available, or a small piece of ginger root tied in a piece of cheesecloth.

RIPE TOMATO JAM

5 lbs. ripe tomatoes, cut in quarters	4 oranges, sliced
5 lbs. granulated sugar	4 lemons, sliced
2 tablespoons powdered ginger	

Boil tomatoes 1 hour before adding the fruit and sugar. Then boil together $\frac{1}{2}$ hour more until thick. Be sure to cook very slowly over low heat to prevent scorching.

MARMALADE COMBINATIONS

- | | |
|--|--|
| 1. Use all bitter oranges | 5. Use 4 bitter oranges, 8 sweet and
2 lemons |
| 2. Use 2 oranges and 1 lemon | |
| 3. Use all grapefruit | 6. Use 1 grapefruit, 1 orange, 1 lemon |
| 4. Use 4 grapefruit, 1 lemon, 1 bitter
orange | |

METHOD FOR MAKING MARMALADE

Wash the fruit thoroughly and remove any dark spots on the skin. Slice the whole fruit very thinly, remove the seeds (cover the seeds with water). To each measure of fruit add $1\frac{1}{2}$ measures of water and set aside for overnight. The next day boil for 1 hour and again set overnight. Add the water from the seeds; measure and heat $\frac{3}{4}$ as much sugar as fruit. Cook the fruit covered, for 20 minutes, add sugar and cook uncovered until it jellies.

IMPORTANT NOTES

WHEN USING COMMERCIAL PECTIN—Follow exact methods given in directions accompanying the pectin. Do not alter amounts of any ingredients.

STRAWBERRY MARMALADE

3 boxes strawberries	1 can crushed pineapple
4 oranges, put through food chopper	7 cups sugar
	Boil 30 minutes.

PEAR MARMALADE

4 lbs. pears, peeled, cored and sliced 2 lemons
1 oz. dry ginger root 3 lbs. sugar

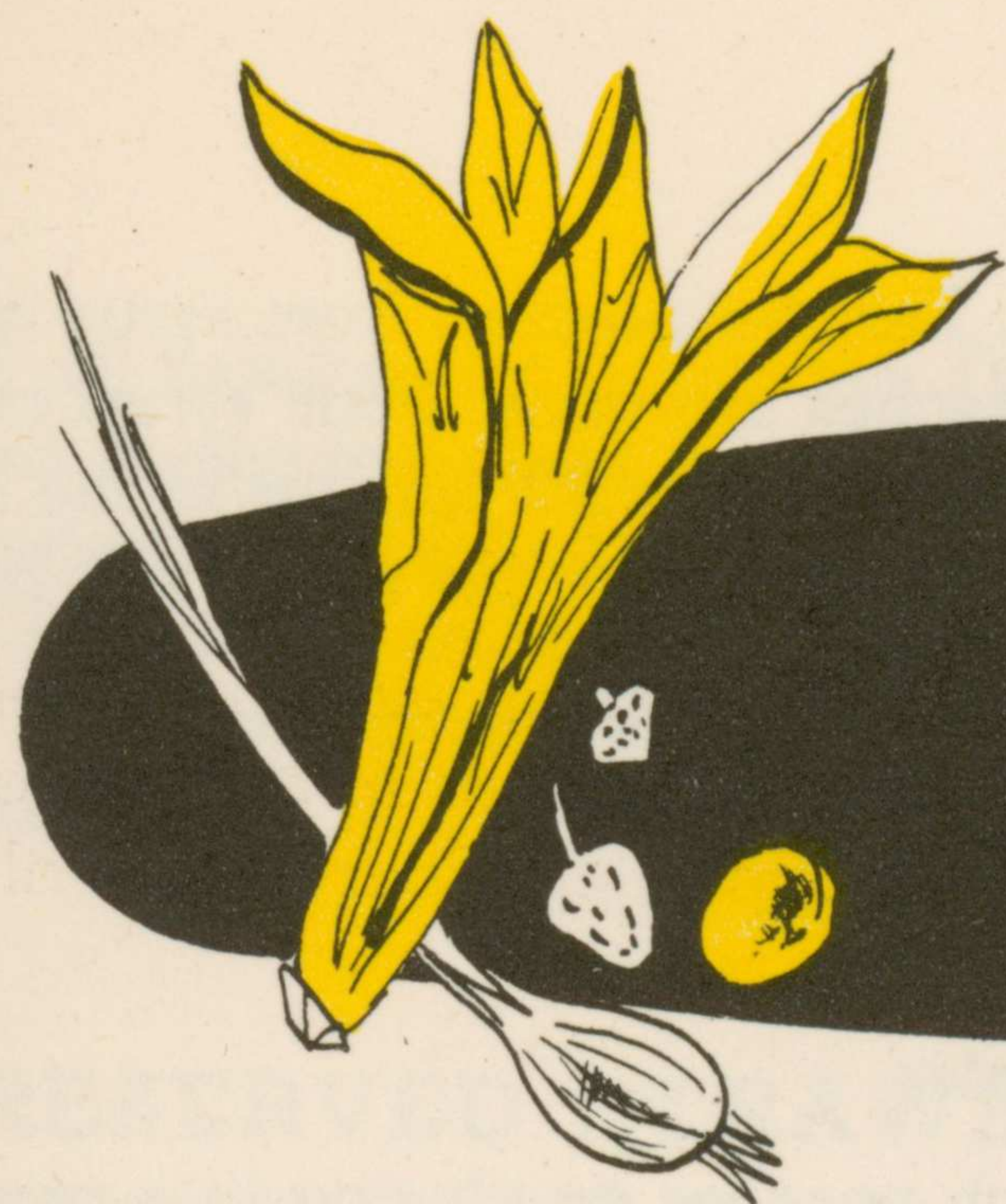
Place pears in preserving kettle in layers, sprinkling each layer with sugar, lemon juice and ginger root (which has been broken into pieces and tied in a cheesecloth bag). Let stand 2 to 3 hours. Cook slowly until clear and thick. Pour into sterilized glasses.

PINEAPPLE MARMALADE

1 pineapple, grated 3 lemons
3 cups sugar

Prepare pineapple, saving all juice. Add sugar and grated rind and juice of lemons. Cook 30 minutes, or until thick. Pour into sterilized jars, and seal when cool.





Preserved Fruits

CANNED APPLE SAUCE

3 pounds green apples

1 $\frac{1}{4}$ cups sugar

Wash apples, cut in quarters. Place in kettle with just enough water to prevent burning. Cover closely until the apples are soft and then remove the cover and cook until it begins to thicken. Press all through a sieve. Add the sugar and stir well. Cook 5 minutes longer. Add spices if desired. Turn into clean, hot, sterilized jars. Seal at once. Process 5 minutes if desired.

CANNED PINEAPPLE

Slice pineapple into rounds, pare, and remove the eyes. Core. Either cube or grate the pineapple. Use $\frac{1}{3}$ as much sugar as fruit, after pineapple has been prepared. Mix well, cover and allow to stand overnight. Put into sterilized jars. Seal airtight. Process in hot water bath: 15 minutes for cubed pineapple; 10 minutes for grated.

SYRUP FOR PICKLED PEACHES, PEARS, APPLES OR CRABAPPLES

About 9 pounds of fruit

3 pounds sugar

3 cups white vinegar

1 cup water

2 ounces whole stick cinnamon

2 ounces whole cloves.

Prepare fruit as desired and it is always best to have fruits on the firm side. Never over-ripe. Tie all spices in a cheesecloth bag. Add to vinegar, sugar and water, and stir until sugar is perfectly dissolved. Then bring to a quick boil and boil steady for 5 minutes. Drop the fruit in a small quantity at a time and cook gently until tender, but not soft. Remove to clean, hot sterilized jars and seal.

PRESERVED PEACHES IN SKINS

Prepare syrup first (medium syrup). If a whole crate of peaches is to be done at one time, divide the syrup into 2 kettles, so that it does not become brown or strong in flavor. Wipe each peach with a clean towel, to remove fuzz. Remove any bruised spots. This may be done while the syrup is cooking. Drop one layer of peaches at a

time into the syrup and simmer for 3 to 5 minutes. Remove peaches from syrup and pack into jars. Set to one side until half of the peaches are done. Pour syrup over peaches in the jars, seal as tightly as possible and process for 20 minutes in the hot water bath. A few tablespoons of lemon juice (1 or 2) added to the syrup will help peaches keep their natural colour. The lemon juice will not taste.

CANNED PEACHES OR PEARS

1 cup sugar

2 cups water

Boil sugar and water together for 5 minutes. Blanch peaches by placing in a pan of boiling water for about 1 minute, then drop immediately into cold water and remove skins. Peel and core pears. Pears may be canned whole, in halves or quarters; if they are left whole, leave stems on and remove core from blossom end. As peaches and pears are peeled drop into a basin of cold water to which has been added the juice of 1 lemon; this helps prevent discoloring. Pack peaches or pears in sterilized jars and pour boiling syrup over them. Seal jars tightly and process in water bath, having water just up to the top of jars for 20 minutes from time water starts to boil. Remove from bath and seal airtight. If peaches or pears are done in the open kettle, drop into boiling syrup after blanching and peeling and simmer for 6 to 8 minutes or until they can be readily pierced with a toothpick. Pack carefully in sterilized jars and seal airtight.

PEAR CHIPS

4 lbs. pears

2 lemons

2 lbs. sugar

Wipe pears, remove stems, quarter, peel and core; cut in small pieces. Add sugar and let stand overnight. Add grated rind and juice of lemons and cook slowly until thick and clear. Seal in sterilized jars. One tablespoon chopped preserved ginger may be added for flavoring if desired.

QUINCE PRESERVES

Quince may be preserved whole, quartered or sliced across in rings. Peel, core and cut as desired. Cook until tender in as little water as will keep them from burning. When tender, put into syrup made of 2 parts sugar to 1 part water and juice in which quince were cooked, and cook gently until clear. Pour into hot, sterilized jars and seal.

CITRON PRESERVES

Two citrons, sliced, peeled and seeds removed. Cube the slices in $\frac{1}{2}$ -inch cubes. Place the cubes in a steamer over plenty of hot water, doing one layer at a time. Steam just until cubes can be pierced with a toothpick and are slightly transparent. Remove from steamer. When citron is all prepared, make syrup, using the water over which the citron was steamed.

1 lemon thinly sliced

$\frac{1}{2}$ cup sugar

1 cup water

Boil all together for 5 minutes. Drop citron into boiling syrup and cook gently for about 8 minutes; place in sealers and pour boiling syrup over and seal airtight. The citron may be packed in sealers and the boiling syrup poured over; seal jars tightly but not airtight and process in the water bath with the water up to the neck of the jar for 20 minutes from the time the water starts to boil. Remove from the water and seal airtight.

PRESERVED STRAWBERRIES

(THAT WILL NOT FLOAT)

4 lbs. strawberries

1 lb. sugar

Place the strawberries in a colander and pour rapidly boiling water from the tea kettle over the berries. Then place them immediately under the cold water tap for about 1 minute. Drain thoroughly and hull. Combine with sugar, place over a low heat to extract the juice from the berries and dissolve the sugar. Bring slowly to the boil and cook very gently for 10 minutes without stirring. Place in hot sterilized jars, sealing each jar as it is filled. Store in a cool, dark place.

OVERNIGHT CANNED STRAWBERRIES

To each quart of hulled clean berries, add 1 cup of sugar. Bring slowly to boiling point; let stand overnight in the kettle. In the morning reheat mixture to boiling point and pour into clean hot jars while still hot. Process exactly 5 minutes for both pints and quarts.

GRANNY'S STRAWBERRY PRESERVES

Prepare about 4 to 5 boxes of the berries at a time by placing them in a colander and pouring boiling water over all and then placing them immediately under the cold water tap for just a moment. Drain well and then hull. For each 4 boxes of berries (or approximately 2 quarts) use 2 cups of sugar. Place alternate layers of berries and half the sugar in large kettle, allow to stand for a few hours or overnight to extract the juice and dissolve the sugar. Next place the kettle over a low heat and bring gently to the boiling point. Then lift the berries carefully out and place in hot jars, using a slotted spoon so as to drain off as much of the juice as possible. Add the balance of the sugar to the hot juice and boil for 3 minutes. Pour over the berries in the jars and seal. Process in hot water bath for 5 minutes. If desired you may finish the processing in the kettle by adding the second half of the sugar to the berries after they have been once brought to the boil, then boil gently for 5 to 6 minutes longer and place in hot jars and seal. Strawberries done by this method retain their flavour and colour. You will have a more attractive pack and they should not float.

RHUBARB AND STRAWBERRY PRESERVE

8 cups rhubarb measured after cutting

4 cups sugar

8 cups strawberries

$\frac{1}{4}$ cup water

Prepare berries and combine with rhubarb which has been cut into $\frac{1}{2}$ -inch pieces. Add the sugar and water. Boil until slightly thickened and pour into clean, hot jars. Process in hot water for 10 minutes. Remove from heat, cool and store.

TO CAN RHUBARB

Fill sterilized jars with boiling water and set aside to cool slightly. When slightly cool, empty out water, fill $\frac{1}{3}$ full with cold water which has been boiled and cooled. Wash, trim and cut rhubarb into 1-inch pieces. Pack rhubarb into jars containing the water, as tightly as possible until water overflows the jar. Seal tightly.

PIE RHUBARB

Wash rhubarb and cut in $\frac{1}{2}$ -inch pieces. Place small amount of the rhubarb at a time into sterilized jars and press down with a mallet until juice is extracted. Repeat process until rhubarb is packed firmly to within $\frac{1}{2}$ inch of the top of the jar and the juice covers the top layer. Seal airtight. Store in a cool, dark and dry place. If done in large quantities the rhubarb may be put through coarse knife of food chopper.

CANNED RASPBERRIES

Syrup: 1 cup sugar

2 cups water

Boil together for 5 minutes.

Pack fruit in hot, sterilized jars. Pour boiling syrup over fruit and seal jars airtight. Have ready a large preserving kettle or large pan with a close-fitting lid, containing about 2 inches of boiling water in the bottom. Set the jars in the water. Fill the kettle with boiling water up to the top of the jars. Cover closely and allow the jars to stand in kettle until the water is cool. If possible cover the kettle with a blanket or rug to hold the heat. Make sure the jars are sealed airtight. Store in a cool, dark place. When sugar is available use 1 cup sugar to 1 cup water. The colour and flavour will be considerably improved.

CANNED FRUIT JUICES

Heat fruit slowly in an open kettle until the juice is extracted, strain. Fill bottle. Seal. Process in hot water bath for 20 minutes. This fruit juice may be used plain or diluted, requires no sugar and makes a delicious summer drink. Any ripe fruit may be used, but preferably peaches, apricots, prunes, grapes or cherries.

CANNED CHERRIES

6 pounds cherries (pitted or whole)

5 cups warm water

3 drops almond extract

Place all in a large kettle, cover closely and simmer 5 minutes from the time the water begins to boil lightly. Remove from heat at once, drain and reserve the juice, using a colander. Hold cherries under cold water tap for just a moment and allow to drain well. Make syrup, using 1 cup sugar to 2 cups of water in which the cherries were

simmered. Boil hard for 5 minutes. Place cherries in sterilized jars. Pour boiling syrup over them and seal airtight. Place jars in a kettle of boiling water, having the water up to the top of the jars. Cover closely, bringing the water to the boil again. Turn the heat off. Allow the jars to stand in the water until the water is cool. Be sure the jars are sealed. Store in a cool, dark place.

CANNED PUMPKIN

(For Pie Filling)

Cut in medium size pieces. Steam or bake until tender. Remove pulp from shell and pack into clean, sterilized jars. Put on lids firmly tight. Spices may be added if desired. Process in hot water 3 hours.

GOOSEBERRY PRESERVES

2 pounds gooseberries

1 pound sugar

Wash and drain berries. Place alternate layer of berries and sugar in a large oven dish. Pour over all 1 cup of boiling water and the juice of 1 large orange. Cover closely and bake at 325 F. for 1 hour. Have ready hot sterilized jars. Fill jars according to the type of jar used. Seal. For a nice change, peel 3 oranges, remove all the white membrane and seeds. Cut in cubes. Place alternate layers of orange, sugar and gooseberries. Proceed as above.

SPECIAL GOOSEBERRY PRESERVES

This is a good tart preserve to serve with meats or soft cream cheese.

1 quart gooseberries

$\frac{1}{2}$ cup water or fruit juice

3 cups sugar

Wash gooseberries. Remove the stems and blossom ends. Place berries in saucepan. Add water. Place over quick fire. Stir well. When boiling add sugar. Boil the preserves until thick and clear (about 15 minutes).

MARASCHINO CHERRIES

Wash and stone large, firm cherries to measure (Any amount). Soak overnight in a brine made of 2 tablespoons salt, 1 tablespoon alum to each quart of water. In the morning wash and freshen until no trace of salt is perceptible. Put cherries into a syrup made of equal parts of corn syrup, sugar and water colored strongly with red coloring. A little lemon juice tends to improve the flavour and colour. Bring the syrup and cherries to boiling point and let stand for 24 hours. Repeat 3 times, then the last time add $\frac{1}{2}$ as much sugar as at first. Let cool and add 2 tablespoons vanilla, or enough to flavour, and almond extract. The amounts of flavoring will vary with the individual taste. Store in small jars.

SIMPLIFIED MARASCHINO CHERRIES

2 lbs. pitted Royal Anne Cherries

$\frac{1}{2}$ cup water

2 lbs. sugar

Boil all together for 1 hour slowly. Then add 1 oz. almond flavoring and 1 oz. cochineal and boil for 10 minutes longer.

GRAPE JUICE

Place grapes in a kettle, adding just sufficient water to come to about 1 inch below top of the fruit and allow the grapes to cook until soft and mushy. Then put the mixture through a colander to remove the seeds and skins. Put the juice and pulp in a jelly bag to drain overnight. Measure juice and set aside $\frac{1}{3}$ cup sugar for every cup of juice measured. Add $\frac{1}{2}$ cup of water for every cup of measured juice. Mix all well together. Boil steadily for about 4 to 5 minutes and seal in hot sterilized jars. The grape pulp may be used to make jam by adding 1 cup sugar to each cup of pulp, 2 oranges (put through the food chopper) and 3 large apples, peeled, cored and chopped. Cook all together until thick and clear.

★ THE WIDE MOUTH "IDEAL" JAR

A straight walled jar with no shoulders. Ideal for canning meat, fowl or fish.



CHERRIES CANNED WITHOUT SUGAR

Wash cherries thoroughly then pit them. Add boiling water to half-fill the sterilized jar, then drop cherries into boiling water and pack tightly, tap jar lightly to make sure cherries are firmly packed. Add water to cover berries if needed. Seal airtight and process in hot water bath for 25 minutes or 10 minutes at 5 lbs. in pressure cooker.

BLUEBERRY PRESERVES

1 cup sugar	2 slices of lemon
1 cup water	1 quart of blueberries
2 whole cloves	

Boil the first four ingredients all together for 5 minutes. Remove cloves and sliced lemon. Drop in the berries, bring to the boil and boil for 5 minutes. Seal airtight in hot sterilized jars.

Water Bath: Make the same syrup as used in the open kettle. Pack jars full of berries, pour boiling syrup over the fruit, and seal. Process in the water bath for 20 minutes.

BLUEBERRIES WITHOUT SUGAR FOR PIES

Pack hot sterilized jars tightly with blueberries to within $\frac{1}{2}$ inch of the top of the jar. Tap jar on table to be sure that the berries are tightly packed. Process in the water bath for 35 to 40 minutes.

SPICED SEEDLESS GRAPES

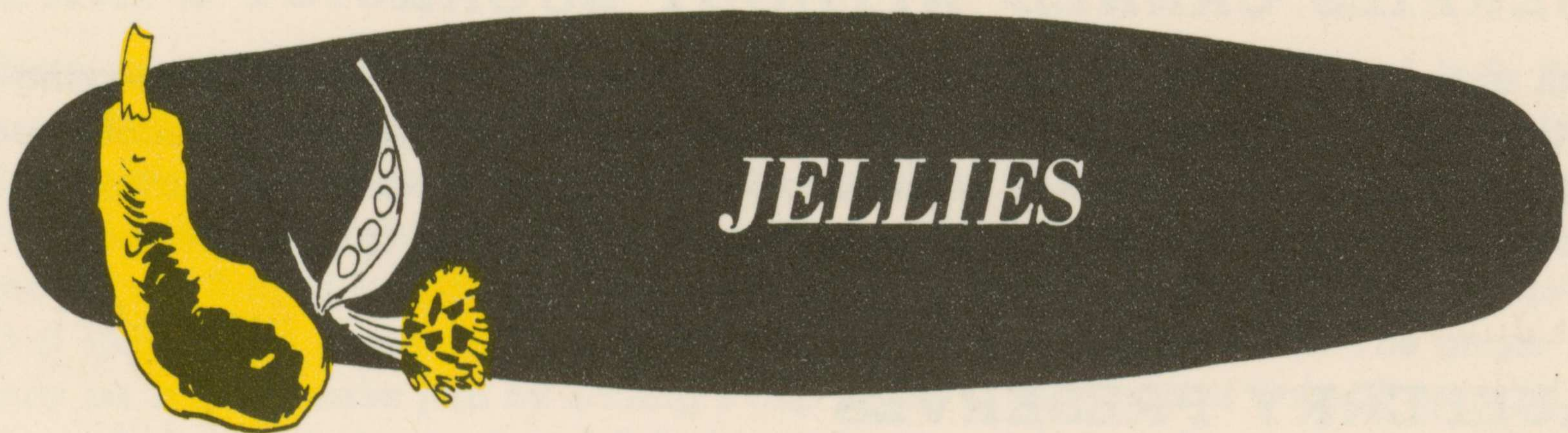
$\frac{1}{4}$ cup vinegar	3 whole cloves
$\frac{1}{2}$ cup water	1 inch piece stick cinnamon
$\frac{1}{8}$ cup sugar	2 cups stemmed grapes

Make syrup of vinegar, water, sugar and spices. Bring to boiling point and add grapes which have been thoroughly washed. Simmer 5 minutes. Pack into clean jars. Put on lids firmly tight and process 10 minutes in hot water bath.

APRICOT JUICE

Wash and cook the apricots in just enough water to prevent them from burning (about a cup of water to 5 lbs. fruit). Bring to the simmer then put through the sieve to take out pits and skins. Make a syrup of 1 part sugar to 5 or 6 parts water. Mix equal volume of syrup with the strained pulp and heat again to boiling point or simmer. Fill hot bottles and seal. Process in the hot water bath for 10 minutes if beer bottles are used or 15 minutes if quart size jars are used. This is ready to use as it comes from the bottle. A more concentrated juice may be put up by adding $1\frac{1}{2}$ to 2 lbs. sugar to a gallon of the pulp. Cook and bottle as above. Dilute this when using one part water to one part juice. The first method gives the tastiest juice. This makes a most delicious cocktail and is excellent to serve chilled with cookies or makes a delightful base for jellied fruit.

SECTION NINE



KIND OF FRUIT TO USE

Fruits should be fresh, a little under-ripe. Juicy fruits, currants, raspberries, should not be gathered after a rain. Currants, sour apples, crabapples, under-ripe grapes, quinces, wild cherries and green gooseberries contain pectin and make the best jellies. Red and black raspberries, blueberries and blackberries have little pectin and should be combined with fruit juices rich in pectin, such as apples, or commercial pectin. Peaches, strawberries and cherries lack pectin, but may be made into jelly by adding lemon juice and strained juice of fruits that contain pectin. For soft fruits use just enough water to prevent sticking— $\frac{1}{4}$ cup water to 1 quart of fruit.

JELLIES EASILY MADE

Currant
Grape

Sour apple
Crabapple

Gooseberry
Cranberry

Plum
Quince

BASIC RECIPE FOR MAKING JELLY

The type of fruit being used must be the first consideration in making jelly. For instance, black and red currants contain plenty of juice, consequently they require only enough water to start them boiling. Apples, quince, crabapples, etc., do not contain quite as much juice although equally as much pectin, therefore they require considerably more water in boiling in order to extract the juice. The extracted juice of all fruits should be boiled approximately 20 minutes before adding the sugar and approximately 10 minutes after adding the sugar. In many cases where a very rich juice results the boiling time is greatly reduced both before and after the sugar is added. Consequently, careful attention and continuous testing is necessary in all jelly making.

METHOD

Place 4 pounds fruit cut in quarters in heavy kettle. Barely cover with water. Cook until soft and mushy. Turn into jelly bag and drain overnight. In the morning measure juice and set aside $\frac{3}{4}$ cup sugar for every cup of juice measured. Boil juice for 20 minutes, uncovered. Remove from heat. Add sugar and stir until dissolved. Boil hard for 10 minutes or until jelly test is reached. Remove from heat and allow to stand for 1 minute. Turn into clean, sterilized jars and seal.

SUGGESTED JELLY TABLE

The juices or combination of juices which we suggest are particularly good for making jelly by the regular method. In the first column are the juices, the proportion of one juice with another, and the quantity of juice and sugar required.

Fruit Juices and Combinations	Amount of sugar to one cup juice
Apple.....	$\frac{2}{3}$ to $\frac{3}{4}$ cup
Berries: Blueberry, blackberry, loganberry.....	$\frac{3}{4}$ to 1 cup
Crabapple.....	$\frac{2}{3}$ to $\frac{3}{4}$ cup
Currant.....	$\frac{3}{4}$ to 1 cup
Grape.....	$\frac{3}{4}$ to 1 cup
Blackberry $\frac{1}{4}$, Apple $\frac{3}{4}$	$\frac{2}{3}$ cup
Black raspberry $\frac{1}{2}$, Apple $\frac{1}{2}$	$\frac{2}{3}$ cup
Black raspberry $\frac{2}{3}$, Currant $\frac{1}{3}$	1 cup
Blueberry $\frac{1}{2}$, Apple $\frac{1}{2}$	$\frac{3}{4}$ cup
Cherry $\frac{1}{2}$, Apple $\frac{1}{2}$	$\frac{2}{3}$ cup
Elderberry $\frac{1}{2}$, Apple $\frac{1}{2}$	$\frac{3}{4}$ to 1 cup
Gooseberry $\frac{3}{4}$, Currant $\frac{1}{4}$	1 cup
Peach $\frac{1}{2}$, Apple $\frac{1}{2}$	$\frac{2}{3}$ cup
Plum $\frac{1}{4}$, Crabapple $\frac{3}{4}$	1 cup
Quince $\frac{1}{3}$, Cranberry $\frac{1}{3}$, Apple $\frac{1}{3}$	$\frac{3}{4}$ cup
Quince $\frac{1}{2}$, Apple $\frac{1}{2}$	$\frac{2}{3}$ cup
Red raspberry $\frac{1}{3}$, Currant $\frac{2}{3}$	1 cup
Rhubarb $\frac{1}{2}$, Apple $\frac{1}{2}$	$\frac{2}{3}$ cup

PECTIN

Pectin is that substance in some fruit which, when heated and combined with fruit acid and sugar, causes the mixture to congeal or jell. All fruits do not contain this substance. The acid and pectin may be supplied by the addition of the juice of apples, plums, quince, etc., or home-made apple or commercial pectin.

RECIPE FOR APPLE PECTIN

For use in making jellies from such fruits as peaches, strawberries, cherries, etc., or those fruits that are lacking in pectin. Two pounds apple pulp (or skins and cores), 4 cups water, juice 1 lemon, boil for 40 minutes. Press the juice through a cloth bag, then strain this juice through a flannel or jelly bag without pressure. Boil juice rapidly 15 minutes. Seal in sterilized jars and use for jelly making. Add 1 cup apple pectin for each cup of other fruit juice used.

EPSOM SALTS FOR THICKENING JAMS AND JELLIES

One teaspoon of Epsom Salts added to each 6 cups of fruit juice or fruit for jam will be very effective in thickening of jelly. Add the salts to the jam or jelly 5 minutes before removing from the heat.

CAUSES OF JELLY FAILURE

If jelly is soft, too much sugar has been added or the jelly has been overcooked. If the jelly is tough, too little sugar has been added or it has been cooked too slowly. If jelly is gummy, it has been overcooked or cooked too slowly. If jelly is cloudy, the juice has not been strained properly, the jelly has been overcooked or has not been completely skimmed or there has been a delay in filling the glasses. If jelly is sugary, too much sugar has been added or juice has been overcooked before sugar was added.

NOTE:—Always boil jellies, jams and juices UNCOVERED.

HOW TO OBTAIN THE JELLY TEST AND APPLY THE PARAFFIN

The usual way of determining when the jelly point has been reached is to use the "sheeting" test. Using a wooden spoon, dip up some of the boiling jelly, then let it pour off the spoon back into the liquid. When the last two drops on the spoon cling together, and form a sheet, and are very slow about dropping off, or cling to the edge of the spoon in a sheet or when drops run together, the jelly point is reached. Another test is to dip a silver fork into the liquid; when the syrup spreads over the tines in a sheet, the point is reached. At this point, the jelly should be removed quickly from the heat, the scum removed carefully and the jelly poured into clean, dry glasses. Pour to within $\frac{1}{2}$ inch from the top of each glass. Be sure inner edge of glass is thoroughly clean before paraffin is poured. **When steam has stopped rising, apply the paraffin.** Paraffin should be completely melted, but never smoking. First pour on a thin layer, just enough to barely form a cover over the jelly, swirling it around the edges of the glass to cover the edges completely. When this has hardened, pour over a second layer and allow to set.

THERMOMETER IN JELLY MAKING

Many people like to use a thermometer in jelly making, but there is no true test that we know of that will give the exact jelly stage by using a thermometer reading. You are approaching the jelly stage when the thermometer reading is around 220 degrees F. for all-sugar jellies. For best results, use the jelly test.

SEALING JAMS AND JELLIES

It must be remembered that fruits produced under different climatic conditions must be preserved accordingly. For instance, we feel that strawberries, currants, damson plums, gooseberries, rhubarb, etc., require extra sugar when made into jam or jelly, particularly when odd jars are used that cannot be sealed airtight. Housewives do not feel inclined to buy new sealers for jams and jellies—not because jam and jelly is not

just as important as canned fruits, but simply because it was not generally done in the past when jams and jellies were made of equal quantities of fruit and sugar. Therefore, when possible, we definitely advise that they be sealed airtight to assure keeping qualities. Also, here on the coast great care should be taken to store your fruits, particularly jams and jellies, in as dry a place as possible. Dampness is detrimental to the keeping qualities, especially when a smaller amount of sugar is being used.

WEIGHTS AND MEASURES FOR JAMS AND JELLIES

Jam—	Weight of Fruit	Added Liquid	Weight of Sugar
Apricot.....	4 lbs. apricots.....		3 lbs.
Strawberry.....	4 lbs. berries.....		3 lbs.
Gooseberry.....	4 lbs. berries.....		3 lbs.
Other berry jams.....	1 lb. berries.....		$\frac{3}{4}$ lb.
Peach.....	1 lb. cooked mashed pulp..	1 tspn. lemon juice	$\frac{3}{4}$ lb.
Rhubarb-Strawberry.....	2 lbs. rhubarb		
	2 lbs. strawberries.....		3 lbs.

PARADISE JELLY

- 1 cup quince juice
- 1 cup apple juice
- 1 cup cranberry juice
- $2\frac{1}{4}$ cups sugar

Extract quince juice as for quince jelly. Prepare apples the same. For cranberry juice, add $\frac{1}{2}$ cup water to 2 cups cranberries and cook till soft. Drain through jelly bag. Combine juices, bring to boil, add sugar and boil rapidly until jelly stage is reached. Skim and pour into sterilized jars and seal.

LEMON JELLY

Weigh lemons and allow two quarts water to each pound of fruit. Wash and cut fruit in quarters, removing all seeds. Place lemons in large bowl, cover with water and stand till next day. Put seeds in cup with enough water to cover them, and allow to stand till next day also. Boil lemons with the water in which they are soaked for 2 hours and strain through jelly bag. Measure juice, allow 1 cup sugar to each cup juice. Before adding this sugar, boil hard for three minutes, add water from seeds and boil hard for 2 minutes longer. Add sugar gradually, stirring till dissolved. Boil hard for 8 to 10 minutes, or till jelled.

RED OR BLACK CURRANT JELLY

Wash currants well, do not stem, and place them in kettle. Add water to barely come to top of fruit and cook until the fruit is soft and mushy, taking care that fruit does not stick. Pour into jelly bag and allow to drain without squeezing until pulp is almost dry (overnight if possible). If bag is squeezed, jelly will be cloudy. Measure juice and to every cup set aside $\frac{3}{4}$ cup of sugar. Boil juice without the sugar for 15 to 20 minutes depending on the richness of juice. Remove kettle from fire, add sugar slowly to the juice and stir until thoroughly dissolved. Put the kettle back on the fire and boil hard for approximately 8 to 10 minutes or until the jelly sheets from the spoon.

RASPBERRY OR LOGANBERRY JELLY

Combine equal quantities of green apples and raspberries or loganberries. Cut apples in quarters, leaving on skins, cores and stems. Place apples and berries in kettle, barely cover with water. Boil until fruit is soft and mushy. Drain overnight through a moistened jelly bag. Measure juice and to each cup set aside $\frac{3}{4}$ cup sugar. Boil juice alone without the sugar for 20 minutes. Remove from heat and stir in sugar, return to heat and boil for 8 to 10 minutes or until twin drops form side by side on the spoon. Pour into jelly jars and seal with paraffin after the jelly has stopped steaming.

MINT JELLY

1 cup finely chopped mint leaves
1 cup fruit pectin
Green vegetable coloring

1 cup vinegar
 $6\frac{1}{2}$ cups sugar
 $1\frac{1}{2}$ cups water

Stir vinegar, sugar and water in large kettle, over fire, until sugar is dissolved. Add coloring to desired shade (about 1 dessertspoon). Add mint leaves, and bring to full rolling boil, add pectin, and boil hard about $\frac{1}{2}$ minute. Remove mint leaves and pour at once into jars.

SPICED JELLIED BLUEBERRIES

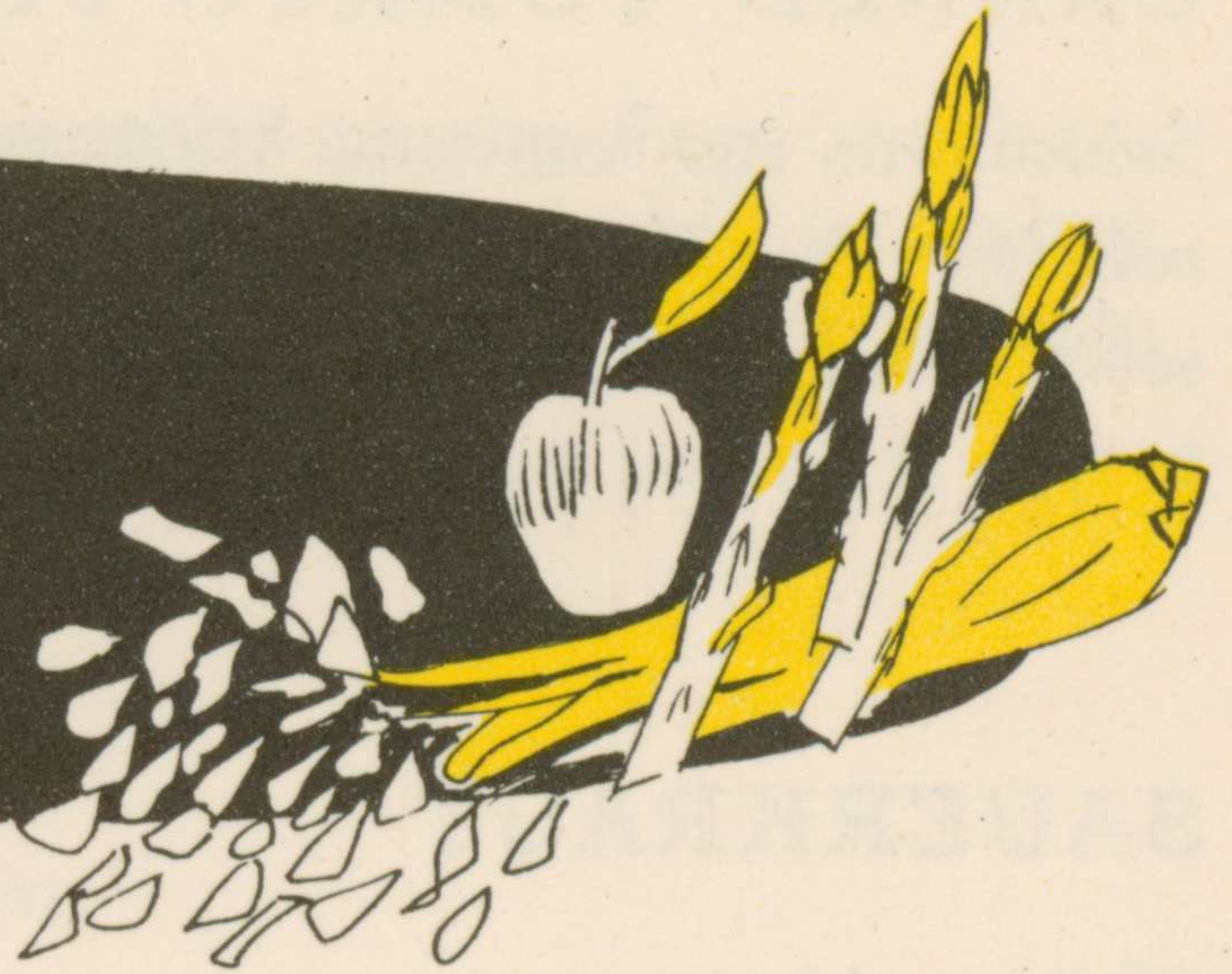
3 quarts blueberries
2 cups sugar
1 cup water

$\frac{1}{2}$ lemon, sliced
4 whole cloves

Make a syrup of the sugar and water, add lemon and cloves and boil 7 minutes. Add cleaned berries and cook 20 minutes. Pour into sterilized jars and seal.



VEGETABLES



CANNED TOMATOES

Scald tomatoes in boiling water 1 minute. Soak in cold water 1 minute—peel, core, quarter and pack into clean jars. Add no water. Add 1 teaspoon salt to each quart jar, if desired. Put on cap, screwing band firmly tight. Process 35 minutes in hot water bath.

CANNED TOMATOES IN TOMATO JUICE

Scald in boiling water 1 minute. Plunge into cold water to remove skins. Peel, core and pack into sterilized jars. Add 1 teaspoon salt to each quart jar. Cover with boiling tomato juice; put on tops quite tightly and process in water bath for 35 minutes.

TOMATO SOUP

1 peck tomatoes (12½ lbs.)

6 onions

1 bunch parsley

Boil above 2 hours. Strain and add:

½ cup sugar

¼ cup salt

½ lb. butter

1 head celery

2 bay leaves

8 whole cloves

½ teaspoon cayenne

¾ cup flour

Sift flour, salt, sugar together. Melt butter and stir in the dry ingredients, then pour on some of the strained liquid. Add to the rest of the liquid and boil until thick and smooth. Pour boiling hot, into hot, sterilized jars, process 20 minutes in the hot water bath. NOTE:—To 1 cup of this tomato soup add 3 cups milk, stock, or water and heat.

CANNED TOMATO JUICE

Select firm, ripe tomatoes. Wash well, peel and drain. Cut into sections. Simmer until softened. Stir occasionally to prevent burning. Put through sieve fine enough to remove seeds. Bring juice to boil and pour immediately into sterilized jars, filling according to type of jar you are using. Put on lids firmly tight. Process in water bath 5 minutes.

SAUERKRAUT

20 lbs. cabbage

$\frac{1}{2}$ lb. ($\frac{7}{8}$ cup) salt

Select firm, sound, mature heads of cabbage. Remove outer leaves; wash well. Quarter, remove core, and slice very finely. Put 5 lbs. (about $7\frac{1}{2}$ quarts) shredded cabbage in a pan, add 2 oz. ($3\frac{1}{2}$ tablespoons) salt and mix with hands. Place in deep crock or tight wooden keg and tamp down firmly with wooden masher to extract juice and force out air. Repeat until all cabbage is used. Press down, cover with a clean white cloth, then with a plate or round wooden board small enough to fit down inside crock, and weigh down with a clean stone or brick, to keep cabbage covered with brine that forms as salt draws juice from cabbage. Keep in a warm place, 75 to 85 degrees F. Inspect each day, remove scum with spoon, and rinse cloth in clear water. The kraut will be fermented or "cured" in 10 to 20 days, depending upon the amount of cabbage and the temperature at which it is kept. Its appearance and taste will tell you when it is sufficiently cured. Kraut may be left in the crock or keg all winter, in a cold cellar or basement, if care is taken to remove any scum that forms; or it may be canned any time from 1 to 3 months after fermentation is completed. Simply drain off juice, pack cold kraut into hot sterilized glass jars to $\frac{1}{2}$ inch from top; heat juice to boiling, pour over kraut, seal and store in cool dark place. Do not process.

TO MAKE KRAUT IN JARS

Mix shredded cabbage with salt, using $\frac{1}{2}$ tablespoon salt to each quart cabbage. Pack firmly into clean glass jars, fill with cold water, put on lids fairly tight, and store where it will keep comfortably warm and where possible overflow of liquid will do no harm. If scum forms remove it. The kraut will ferment for a few days, and will be ready to use in a month. At that time, drain off juice, heat to boiling, pour over kraut again, and seal tightly. Do not process.

CANNING PEPPERS

Remove seed pod, leave skins of peppers on. Pre-cook 3 minutes, pack into clean sterilized jars. Fill jars with water in which vegetable was pre-cooked, or boiling water, according to type of jar being used. Add $\frac{1}{2}$ teaspoon salt to each pint. Put on lids firmly tight. Process 2 hours in hot water bath.

CANNED MUSHROOMS

Wash; leave small ones whole, cut large ones and precook 3 minutes. Pack into clean, sterilized jars. Fill jars with water in which mushrooms were pre-cooked, or boiling water. Add 1 teaspoon salt to each quart if desired. Put on lids firmly tight. Process in hot water bath for 3 hours.

CANNED BEANS AND CORN (SALT AND SUGAR METHOD)

1 peck stringless beans
1 pint salt

1 pint sugar

Wash and cut beans in small pieces lengthwise or crosswise. Mix well with the salt and sugar and let stand overnight. In the morning there should be enough brine to cover beans. Pack in fruit jars. When ready to use, drain, rinse, add fresh water, cook 5 minutes, drain again, add fresh water and cook until tender.

CANNED STRING BEANS OR PEAS (QUICK METHOD)

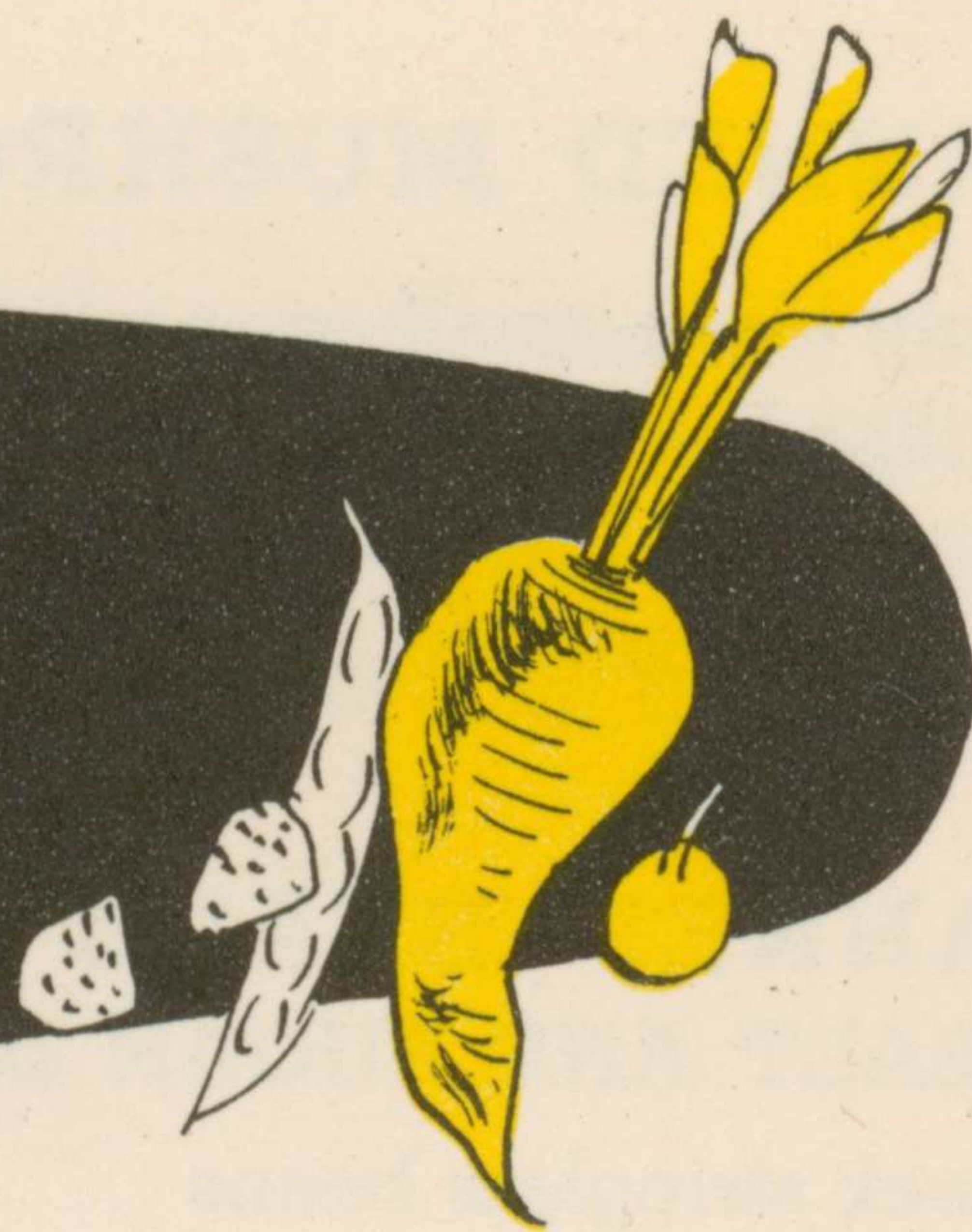
Ten cups (stringed and cut) beans, scant $\frac{1}{2}$ cup sugar, scant $\frac{1}{2}$ cup salt, pour boiling water over to cover; place tight-fitting lid on kettle; boil 20 minutes. Put in sterilized jars (hot) with new rubbers or new lids. When ready to use, cook about 10 minutes in fresh water.

★ THE DOMINION "MASON" JAR

A jar that seals with a disc with flowed-in compound and outside metal band.



Meat, Fish, Fowl



PRESERVED MEAT

Cut up meat into serving size pieces. Cook in water for about 45 minutes to 1 hour. Pack into clean sterilized jars. Strain the broth and pour over the meat. Seal jars tightly. Put into hot water bath, covering tops of jars with water. Process for 4 to 4½ hours, counting time from when water in bath begins to boil.

PRESERVED BEEF FOR STEW

10 lbs. beef

3 tablespoons fat

2 tablespoons salt

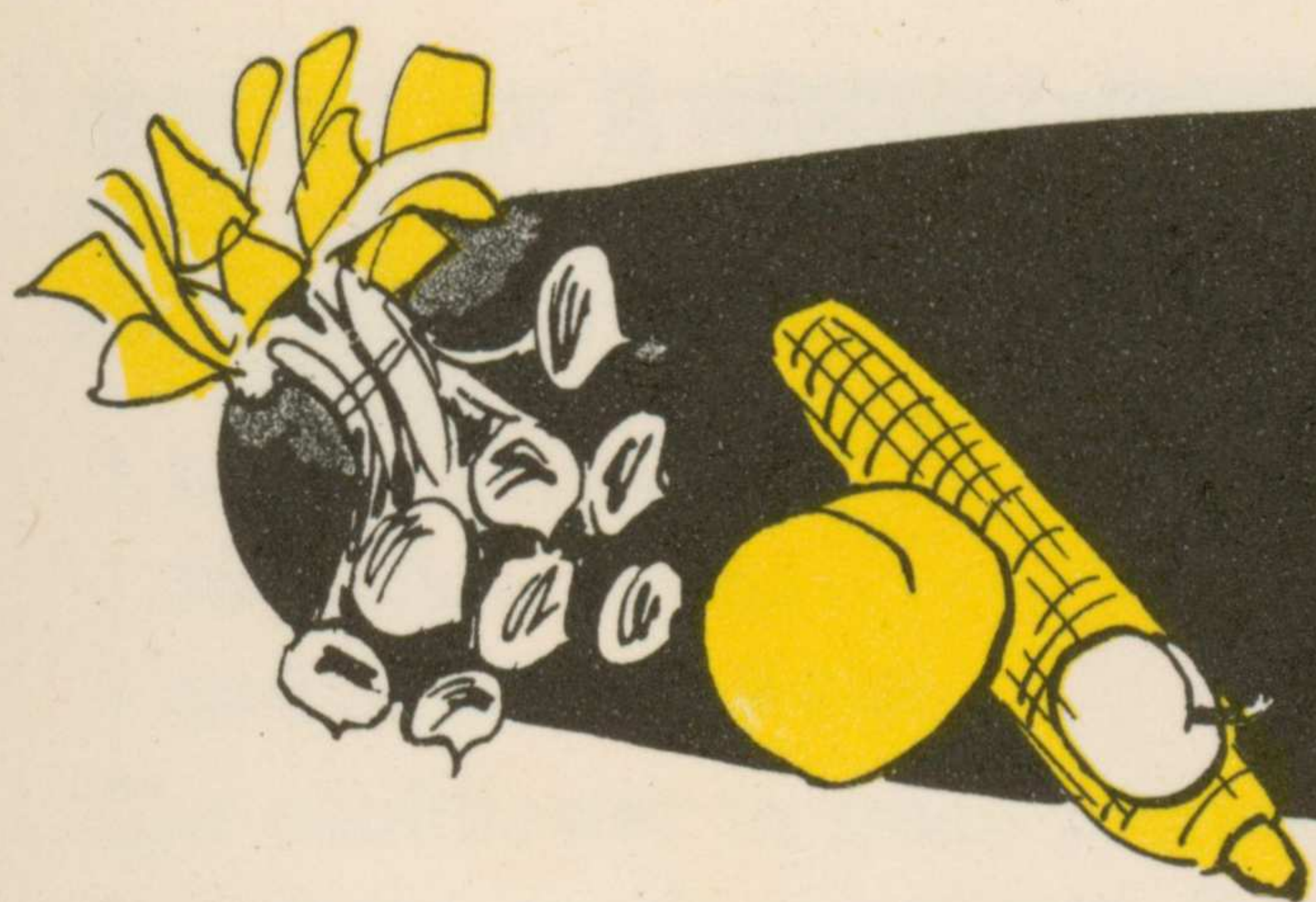
Chuck and rump make excellent stews. Trim off excess fat—enough fat to make the meat pleasing to eat should be left on. Weigh the meat after trimming. Wipe with damp cloth and cut into cubes of a size that will just slip easily through the mouths of the jars. Melt fat in a skillet and brown the meat cubes slowly on all sides, being careful not to scorch. When browned, add barely enough water to cover, and continue heating slowly until all brown residue in the skillet is dissolved, making a thin rich-flavored juice. Pack meat into clean hot jars, and add enough of the meat juice to cover the meat. Add 1½ teaspoons salt to each quart. Seal and process for 4 hours in hot water bath; or 90 minutes at 15 lbs. pressure for pints, and 120 minutes at 15 lbs. pressure for quarts in a pressure cooker. When ready to serve, reheat with any freshly-cooked vegetable.

CANNED FISH

Scale fish and wipe with damp cloth. Cut into pieces of serving size. Pack into thoroughly sterilized jars and add ½ teaspoon salt to each pint jar. No water is required. Process for 90 minutes at 15 pounds pressure or for 4 hours in hot water bath, counting the time after the water starts to boil.

CANNED CHICKEN

Cut chicken into pieces of serving size. Soak overnight in a brine made from 1 tablespoon salt to 1 quart water. In the morning drain off the brine and rub chicken perfectly dry with a coarse towel. Remove skin. Pack into clean, sterilized jars (add no liquid or oil), seal airtight, process in a hot-water bath for exactly 4 hours, counting the time from when the water begins to boil.



PICKLES

MATERIALS FOR PICKLING

Pure bag salt (**not table salt**) is used in pickling. The average weight of a cup of salt is about 10 ounces or $\frac{2}{3}$ of a pound. When salt or salt solution comes in contact with fruits and vegetables, its first effect is to withdraw juices from the plant and cause some shrivelling of the plant tissue. Then, after salt has withdrawn some of the juices, the plant tissue begins to absorb some of the salt solution and fill out again. Care must be taken never to have the salt solution too strong, then the fruit or vegetable will become plump again and go back to its original shape, but is firmer and crisper than in its natural state.

VINEGAR

Both cider vinegar (made from apple juice) and white vinegar are nice for pickles, but the choice is really a matter of personal taste.

SUGAR

Granulated sugar is used most commonly in pickling although the light brown sugar is preferred by many in some pickles and does, in many cases, add flavour. Too much sugar causes pickles to shrivel.

SPICES

Whole spices are used in preference to ground ones because of the tendency of the ground spices to darken the pickles. If, and when, whole spices are scarce, ground spices may take their place, though you must expect the finished product to be slightly darker in colour. Enough spice is used to bring out the characteristic flavour of the vegetable, but not enough to destroy the flavour.

WAX ON PICKLES

It is not wise to use wax on pickles, nor is it necessary. Some pickles must, of necessity, be sealed airtight; for instance, Tomato Chili Sauce, or Chili Sauce made of fruits, various kinds of relishes, etc. Such pickles as Mustard Pickles, Dills, Green Tomato Pickles, Pickled Onions, and many others, may be kept in crocks. Although they

require a close-fitting cover, they do not need to be sealed airtight. If you put such pickles into jars, cover them closely with heavy brown paper and tie securely. They will keep. When string is being used for tying paper over the top of jars, it should be wet, then as the string dries, it tightens, making a more secure and air-tight top.

PICKLED GHERKINS

(QUICK METHOD)

Wash 4 quarts small cucumbers and place in a stone jar or crock. Make a brine of $\frac{1}{2}$ cup salt to 1 quart of boiling water and allow the brine to become quite cool before pouring over the cucumbers. Allow to stand overnight. Drain brine off cucumbers and wash in clear water. Pour the following dressing over them:

1 $\frac{1}{2}$ pints vinegar	allspice, cinnamon stick (tied in
1 $\frac{1}{2}$ pounds of white sugar	cheesecloth bag)
$\frac{1}{2}$ oz. each of celery seed,	

Bring syrup to the boil. Cool slightly and pour over the cucumbers. Seal air-tight. The gherkins will take on a shrivelled appearance but will become plump again after several days in the syrup.

SACCHARINE PICKLES

2 teaspoons salt	1 teaspoon mixed spices
$\frac{1}{4}$ teaspoon saccharine	Alum, size of hazelnut
Small pickles (cucumbers, etc.)	1 pint vinegar and water mixed.

Put 1 teaspoon salt in bottom of a 1-quart jar. Fill half full with pickles. Add saccharine, then fill up with pickles. Add other teaspoon salt and mixed spices, then the small piece of alum. Fill jar with half cider vinegar and half water. Seal.

PICKLED WALNUTS

Walnuts should be young enough so that they may be easily pierced with the head of a pin and uniform in size. Use rubber gloves on hands when handling the walnuts, since they would otherwise stain your hands badly. Scald nuts thoroughly, rub or peel off outer skin. Place in a brine (1 $\frac{1}{2}$ cups salt to 1 gallon of water) for 6 days, changing brine every day. Always keep nuts covered with brine. On the seventh day, drain well, wipe each nut and pierce with darning needle several times.

1 ounce black pepper	1 ounce ginger root
$\frac{1}{2}$ ounce mace	$\frac{1}{2}$ ounce cloves
$\frac{1}{2}$ ounce nutmeg	2 $\frac{1}{2}$ tablespoons mustard seed.

Mix above spices together, place nuts in hot sterilized jars with layers of spice between each layer of nuts. Pour over them vinegar that has been boiled for 5 minutes. Put on tops and seal. Nuts should be ready for use in about one month.

MIXED SWEET PICKLES

6 lbs. small cucumbers (sliced
or whole)
1 large cauliflower
1 lb. yellow beans
1 gallon boiling water

3 lbs. silverskin onions
2 red peppers
2 green peppers
1 cup salt

Cut cauliflower in small pieces. Slice peppers thinly. Peel onions. Put all vegetables in a large crock, cover with the brine made from the salt and boiling water and allow to stand for 2 days. Drain vegetables and wash well. Then drain thoroughly. Pack in sealers and pour over them the following dressing:

1 quart vinegar
1/2 cup whole mixed pickling spice,
tied in cheesecloth bag
1 teaspoon mustard seed
3 pounds sugar
1 pint water

Combine the above ingredients and boil 5 minutes. Cool. Pour over pickles in jars and seal.

CHERRY OLIVES

Select and wash firm ripe cherries pack unpitted and with stems attached in sterilized jars; press gently into place layer by layer. Cover with weak cold vinegar solution made as follows:

1 teaspoon salt
1 cup cold water
1 cup cider vinegar
3 tablespoons brown sugar
1/4 oz. stick cinnamon
(if not available, omit)
2 tablespoons whole cloves

Tie spices in cheesecloth; put all in saucepan and boil 5 minutes. Cool, remove spice, pour solution over cherries, and seal.

RHUBARB AND ONION PICKLE

2 quarts rhubarb, cut in small
pieces

1 1/2 pints vinegar
2 quarts minced onion

Cook these together for 20 minutes and then add:

4 lbs. light brown sugar
1 tablespoon allspice
1 teaspoon pepper
1 tablespoon salt
1 tablespoon cinnamon
1/2 tablespoon cloves
1 piece ginger root
A little mustard seed

Boil until fruit is soft. Bottle and seal.

HOT TAMALE

15 large ripe tomatoes
6 medium-size onions
4 large peaches
4 pears
3 large firm tart apples
12 small chili peppers (dried)
3 cups celery, diced

3 cups light brown sugar
3 teaspoons salt
3 tablespoons whole mixed
pickling spice
1 1/2 cups cider vinegar
1/2 teaspoon cayenne pepper

Blanch, peel and slice tomatoes. Blanch, peel and slice peaches. Peel and core apples and pears. Peel and thinly slice onions. Cut celery into small pieces. Tie spices in a cheesecloth bag. Combine these ingredients in a large kettle, with the spice bag in the centre. Sprinkle over the top with salt, pepper and small chili peppers. Add sugar and pour vinegar over all. Cook slowly until sugar is dissolved and the fruit can be well mixed together. Then boil steadily about 40 minutes or until pickle has thickened down.

DUTCH RELISH

$\frac{1}{2}$ quart green tomatoes	$1\frac{1}{2}$ green peppers
$\frac{1}{2}$ quart green cucumbers	$\frac{1}{2}$ large head celery
$\frac{1}{2}$ small firm cabbage	$\frac{1}{2}$ quart onions
$1\frac{1}{2}$ sweet red peppers	

Either chop the vegetables finely or put through the food chopper. Sprinkle with $\frac{1}{2}$ cup salt and cover with boiling water. Allow to stand for 30 minutes. Then drain thoroughly and cover with two quarts mild cider vinegar. Bring this to the boiling point and then add:

$1\frac{1}{2}$ tablespoons mustard	2 cups granulated sugar
$\frac{1}{2}$ tablespoon turmeric	$\frac{1}{2}$ cup flour

Mix these ingredients to a smooth paste with a little cold water. Add to the pickles and mix well and bring to the boiling point. Pour into hot, sterilized jars and seal at once. NOTE: Always measure pickles after they have been chopped. Four heaping measuring cups equal one quart.

SILVERSKIN ONIONS

Purchase approximately 3 quarts small white silverskin onions; peel and soak overnight in brine made from 2 quarts water, 1 cup salt and juice of 1 lemon. Drain, rinse and pack into sterilized jars. Boil about 2 quarts white vinegar, juice of $\frac{1}{2}$ lemon and 1 teaspoon sugar. (If a sweeter pickle is desired, up to 1 cup sugar may be used.) Pour boiling hot over onions in jars, put on tops and seal. If desired, one or two red pickling peppers may be added to each jar.

MUSTARD PICKLES

Soak overnight in brine a mixture containing 2 pints small cucumbers, 1 pint pickling onions; 1 cup string beans, cut diagonally in 1-inch pieces; 1 pint cauliflower, cut into small pieces; 3 chopped sweet red peppers; 3 chopped green peppers; 1 cup sliced carrots; 1 pint small green tomatoes, cut in halves or quarters. Drain them and soak them in water for 3 hours. Mix a sufficient amount of vinegar and water in equal quantities to cover the vegetables. Allow them to stand in this vinegar for an hour and then scald them in it. Mix $1\frac{1}{4}$ cups white sugar; 4 tablespoons flour; 1 teaspoon turmeric; 1 teaspoon celery salt and 4 tablespoons mustard. Add 3 pints of fresh hot vinegar slowly, stirring to make a smooth paste. Cook the mixture over a pan of hot water until the sauce has thickened. Drain the vegetables slowly and thoroughly. Pour the mustard

dressing over them while they are hot and simmer them for 5 minutes. Pack the pickles into hot sterilized jars and seal.

DAY BY DAY MUSTARD PICKLE

$\frac{1}{2}$ gallon vinegar	$1\frac{1}{4}$ tablespoons turmeric
1 ounce ginger root	$\frac{1}{4}$ cup salt
$\frac{1}{2}$ ounce whole cloves	4 cups light brown sugar
$\frac{1}{4}$ ounce chillies or $\frac{1}{8}$ teaspoon red pepper	$\frac{1}{4}$ cup mustard
	$\frac{1}{2}$ ounce allspice (whole)

Mix the mustard and turmeric into a smooth paste with some of the cold vinegar. Tie all the spices in a cheesecloth bag and add to remaining vinegar. Bring to a full boil, add mustard and turmeric paste, stir and cook for 15 minutes. Remove from the heat. Cool thoroughly and turn into a good-size crock, large enough to hold the desired amount of pickle. As the vegetables are ready, they may be washed, drained and prepared, then dropped into the dressing. Any kind of vegetable may be used, and it is best to soak the vegetables overnight in a solution of salt and water, using 1 cup salt to 8 cups water. When the pickles are dropped into the mustard dressing they must be kept tightly covered with a plate or a lid of some kind and they must be kept in an earthenware container.

PICKLED RED CABBAGE

Shred a red cabbage very fine, place in layers in preserving kettle or large bowl with a generous sprinkling of salt between each layer. Let stand for 24 hours. Wash well to remove salt and then drain well. Boil $\frac{1}{2}$ cup mixed pickling spices tied in a cheesecloth bag with sufficient vinegar to cover cabbage for 10 minutes. Allow vinegar to cool before pouring over cabbage. Combine vinegar and cabbage well together in a bowl and then put into hot sterilized jars. Seal.

DELICIOUS UNCOOKED PICKLE

8 cups white vinegar	1 tablespoon curry powder
$\frac{1}{2}$ cup salt	1 to 2 tablespoons dry mustard
$1\frac{1}{2}$ teaspoons ground mace	2 teaspoons turmeric
1 tablespoon mustard seed	1 medium-size cauliflower
1 ounce mixed pickling spice tied in cheesecloth bag	20 rather small onions
$1\frac{3}{4}$ cups granulated sugar	1 large bunch celery
	4 cups cucumbers

To the vinegar, add salt, mace, mustard seed, pickling spices and sugar. Stir over the heat until the sugar dissolves, bring to the boil. Boil for 5 minutes. Mix to a smooth paste the dry mustard, curry powder and turmeric, gradually add the hot vinegar mixture. Turn into a clean sterilized crock. Trim the cauliflower and soak in cold, salted water for 1 hour. Drain, break into small flowerettes and add to mixture in crock. Cut cucumbers in slices or strips, peel and slice onions, dice celery, combine together and add to vinegar. Mix well, cover closely. Store in cool place.

QUICK CUCUMBER PICKLES

Mix 2 quarts cold vinegar with $\frac{1}{2}$ cup salt, $\frac{1}{2}$ cup ground mustard and $\frac{1}{2}$ cup brown sugar and put in a sterilized crock or in glass jars. Wash very thoroughly and dry 2 quarts small unripe cucumbers and put in the mixture. Cucumbers may be added a few at a time if more convenient. If it is desired to use the large cucumbers, wash, dry and slice into the mixture.

SOUR PICKLES, VEGETABLES

(Onions, cucumber, cauliflower and green tomato)

These vegetables may be used separately or mixed. Wash and prepare vegetables. Make a brine, using 2 quarts of boiling water and $1\frac{1}{2}$ cups salt, pour over the vegetables and let stand 2 days. Drain and cover with more brine. Let stand 2 days and drain again. When using onions, take fresh brine and heat to a boiling point; put in onions and boil 3 minutes; drain. Cover vegetables with pickle mixture made as follows:

1 gallon vinegar	2 sticks cinnamon
1 cup sugar (optional)	2 tablespoons whole spice
4 red peppers	2 tablespoons mace

Tie spices in a cheesecloth bag and boil in vinegar for 10 minutes; pour over vegetables; bottle.

RIPE CUCUMBER PICKLES

12 large ripe cucumbers	1 bunch dill
1 quart small white onions	$\frac{1}{4}$ cup mixed spices
Horseradish root, washed	Vinegar and water, mixed

Peel cucumbers, cut in halves lengthwise, scrape out seeds and soft pulp with silver spoon. Cut in pieces as desired. Peel onions, sprinkle with salt and let stand. Place cucumbers in salt water, 1 cup salt to 8 cups water. Let stand 5 or more hours; drain. Place in jar, alternate layers of cucumbers, onions, dill and a few slices horseradish root and mixed spices, and pour vinegar and water over all. Cover and let stand in warm place for 3 days. Cover pickles with bag filled with mustard seeds. Place cover on jar; keep in a cool, dry place. Ready for use in 3 days if placed in sun.

DILL PICKLES

3 quarts water	1 head dill for each jar
1 cup salt	3 onions
1 quart vinegar	Cucumbers (approx. 5 quarts)

Wash the cucumbers and pack them into clean jars with the dill and a small piece of onion. Mix the water, vinegar and salt and when boiling, pour over the cucumbers and seal. Allow them about a month to cure before using. Store in a cold, dry place.

CRISP CUCUMBER PICKLES

- | | |
|-------------------------------|---------------------------------|
| 1 quart sliced cucumbers | 2 cups brown sugar |
| 1 green pepper, shredded | 1 tablespoon mustard seed |
| 2 large onions, thinly sliced | $\frac{1}{2}$ teaspoon turmeric |
| 2 cups vinegar | |

Scrub cucumbers well, do not peel, and slice very thin. Place all the vegetables in a crock or an earthenware bowl, cover with water to which has been added $\frac{1}{4}$ cup salt. Allow to stand in a cool place for 3 hours or all night. Drain well. Mix vinegar, sugar and mustard seed and bring to the boiling point. Add the vegetables and bring again to the boiling point. Add the turmeric mixed to a smooth paste with a little cold vinegar. Allow the pickle to stand until cold. Then, seal in clean sterilized jars.

DELICIOUS PICKLES

Wash pickles and pack into clean sterilized jars. Solution sufficient for 3 gallons of pickles in glass jars:

- | | |
|--|--------------------------------------|
| $\frac{1}{2}$ pound dry mustard mixed to a
smooth paste with a little cold
vinegar | 1 gallon cider vinegar
1 cup salt |
|--|--------------------------------------|

Pour over pickles in jars and seal.

FRENCH PICKLES

- | | |
|---|---|
| 1 quart carrots (diced) | 1 quart onions (chopped fine) |
| 1 quart celery (cut fine) | 1 quart green tomatoes
(sliced fine) |
| 1 quart lima beans (small) | $\frac{1}{2}$ quart sweet red peppers
(cut fine) |
| 1 quart small green cucumbers
(cut fine) | |
| 1 quart corn (cut from cob) | |

Cook each vegetable separately until barely tender. Season to taste with salt. Drain well. Add:

- | | |
|--------------------------------------|---------------------|
| $\frac{1}{2}$ cup white mustard seed | 1 ounce celery seed |
| $\frac{1}{2}$ ounce turmeric | |

Mix thoroughly, cover with vinegar and let come to the boiling point, stirring frequently. Pack into sterilized jars and seal.

BREAD AND BUTTER PICKLES

- | | |
|-------------------------|---------------------------------|
| 5 medium-size cucumbers | 1 cup water |
| 3 medium-size onions | 1 teaspoon mustard seed |
| $\frac{1}{4}$ cup salt | $\frac{3}{4}$ cup sugar |
| 1 cup vinegar | $\frac{1}{4}$ teaspoon turmeric |
| 1 teaspoon celery seed | |

Wash and slice cucumbers without peeling. Peel and slice onions and combine with cucumbers, adding salt and water. Let stand for 2 hours and drain well. Heat vinegar, celery seed and mustard seed, sugar and turmeric to the boiling point. Then add the

cucumbers and onions. Heat these through thoroughly, but do not overcook or your pickle will not be crisp. Pack in hot sterilized jars and seal.

WATERMELON PICKLE

Slice watermelon in $1\frac{1}{4}$ -inch slices. Trim off all the pink part, then peel off all the green rind. With a fork prick the strips well on both sides. Cut in cubes. Prepare a bowl of lime water. This is done by pouring $1\frac{1}{2}$ quarts water over 2 to 3 tablespoons of slacked lime. Allow it to stand until the water clears, then drain the water off carefully into another bowl. Place the melon rind in the clear water, cover and weight to hold the melon rind under the lime water. In the morning pour off the liquid, rinse well in fresh cold water. Place in saucepan with enough water to cover. Cook until pieces can be pierced with a toothpick. Drain again, saving the liquid. Make a syrup with the water drained from the rind using 1 cup water, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup clear honey. Boil 5 minutes. Then add 1 lemon, thinly sliced and 5 or 6 whole cloves or stick cinnamon. Boil 3 minutes longer. Drop the rind into the syrup. Cook 5 minutes and place in jars and seal.

PICKLED BEETS

Select approximately 2 quarts small beets, cook until tender, dip in cold water and remove the skins. Make the following syrup:

2 cups sugar	1 lemon, thinly sliced
2 cups water	1 tablespoon cinnamon
2 cups vinegar	1 teaspoon cloves
1 teaspoon allspice	

Pour over beets and simmer for 15 minutes, pack in jars and seal. A little grated horseradish added to pickled beets gives variety.

GREEN TOMATO PICKLES

1 gallon green tomatoes	3 tablespoons whole mixed
3 cups brown sugar	pickling spice
12 large onions	1 tablespoon celery seed
3 cups vinegar	1 tablespoon turmeric

Slice tomatoes and onions and arrange in layers in a crock with a generous sprinkling of salt between each layer. Let stand overnight and in the morning drain and wash thoroughly. Tie all spices in a cheesecloth bag and boil with the vinegar and sugar and add to the tomato and onion. Boil gently for about 45 minutes, then remove spice bag and seal pickles in sterilized jars.

TOMATO JUICE COCKTAIL

12 lbs. tomatoes	$\frac{1}{2}$ cup cider vinegar
1 teaspoon grated horseradish	1 cup finely chopped celery
3 teaspoons dairy salt	$\frac{2}{3}$ cup chopped green pepper
1 tablespoon sugar	1 cup chopped carrot

Combine tomatoes, horseradish, salt, sugar and vinegar and cook until the tomatoes are pulpy. Add the chopped vegetables to the tomato pulp and cook for 5 minutes. Then put through the colander and then through a fine sieve to remove the seeds. Reheat the juice to the boiling point and simmer for 3 minutes. Pour into clean, hot jars and seal airtight. Store in a cool, dark place. The vegetables may be put through the food chopper.

RHUBARB SWEET PICKLE

Chop 5 lbs. rhubarb, mix with $3\frac{1}{2}$ lbs. sugar, $\frac{1}{2}$ pint vinegar, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves. (2 tablespoons of whole mixed pickling spice, tied in a cheesecloth bag and cooked with fruit, may be used instead of the given spices if desired.) Remove bag when fruit is cooked. Cook slowly about 3 hours, stirring frequently. Pack into sterilized jars and seal.

TOMATO CATSUP

2 quarts sliced peeled tomatoes	1 garlic clove, sliced
1 tablespoon dry mustard	1 teaspoon black pepper
2 teaspoons salt, or more	1 teaspoon allspice, or more
$\frac{2}{3}$ cup syrup or brown sugar	1 small hot pepper, halved
1 pint mild vinegar	

Cooking time: One hour, or until thickened. Yield: 1 quart (about). Measure the tomatoes, mustard, salt, syrup and vinegar into a large saucepan. Tie the sliced garlic, black pepper, allspice and hot pepper in a small cheesecloth bag; add to the tomatoes. Slowly bring to a boil, stirring. Cook steadily until thickened, stirring often. Taste, adding more syrup or salt as needed. Discard the cheesecloth bag. Pour the catsup into two hot sterilized pint jars; seal with rubbers and lids as for canned fruits. Store in a cool, dark place.

SMALL CUCUMBER PICKLES

Wash and wipe tiny fresh cucumbers, pack in glass jars and pour over them the following mixture. Sift together:

$\frac{1}{3}$ cup sugar	$3\frac{1}{2}$ tablespoons mustard
4 tablespoons salt, and	

Add slowly while stirring constantly 1 cup cold vinegar. When smooth add 3 cups cold vinegar. Have the liquid fill jars to overflowing and cover closely. Cucumbers may be added from day to day, as they develop on the vines.

CELERY RELISH

1 quart minced cucumbers	1 quart minced cabbage
1 quart minced onions	1 quart minced celery

Peel cucumbers before putting through the chopper. Mix all the chopped vegetables and sprinkle with half cup salt and let stand overnight. Then drain well. Prepare the following sauce:

4 cups white vinegar	1 tablespoon celery seed
6 cups sugar	1 teaspoon mustard seed
$\frac{1}{2}$ cup flour	2 sweet red peppers, chopped
1 tablespoon turmeric	2 green peppers, chopped
4 tablespoons mustard	

Bring vinegar and sugar to the boil. Mix flour, turmeric and mustard to a smooth paste with a little cold water. Pour the boiling vinegar over this and stir until smooth and well blended. Return to the heat and cook, stirring constantly until thickened. Add celery and mustard seed, well-drained vegetables and red and green peppers. Boil hard for 10 minutes, stirring to keep from sticking and turn into hot, sterilized jars and seal.

SALTED CUCUMBERS FOR FUTURE USE

Cucumbers picked fresh from the vines every day may be preserved in strong salt brine and when wanted made into sweet, sour or mixed pickles. Leave from $\frac{1}{4}$ to $\frac{1}{2}$ -inch stems on cucumbers. Wash carefully without removing the prickles, put them, as they are gathered, into a large stone crock. Make brine as follows to half fill the crock, which will completely cover the pickles. When ready to use, soak in cold water until freshened.

BRINE—For every 8 cups of water take 2 cups of salt. Boil, skim until clear, then cool.

PICKLED NASTURTIUM SEEDS

(MOCK CAPERS)

$\frac{1}{2}$ pint malt vinegar

1 teaspoon peppercorns

$\frac{1}{2}$ teaspoon salt

Gather the seeds (approx. 1 pint) before they are too old. Allow to stand in salt and water for 24 hours (about 2 tablespoons salt to 1 quart water). In the morning rub dry with a clean towel, place in clean, sterilized jars. Boil together for 2 minutes the peppercorns, salt and vinegar and pour over the seeds. If you find that the seeds absorb the vinegar you may add more from time to time. These are excellent for salads, etc., and will keep indefinitely. After adding the last vinegar solution seal the jars airtight.

MUSTARD BEANS

6 pounds yellow beans

1 cup flour

1 cup silverskin onions

1 tablespoon turmeric

1 cup mustard

1 dessertspoon salt

3 pints cider vinegar

2 tablespoons finely

2 tablespoons celery seed

chopped pimiento

3 cups brown sugar

Peel silverskin onions and soak in a brine (1 cup salt to 2 quarts water) for several hours or overnight. Drain and wash. Cut beans into small pieces and cook in salted water until tender. Drain into large preserving kettle. Bring sugar and vinegar to the boil. Add mustard, flour, celery seed and turmeric that have been mixed to a smooth thin paste with a little cold vinegar. Stir constantly while adding the mustard paste. Bring to the boil and cook until slightly thickened. Add the beans and onions and cook for 5 minutes. Add pimiento. Seal in airtight jars.

PEPPER HASH

12 green peppers
12 red peppers
3 large onions

3 tablespoons pure salt
3 cups sugar
3 cups vinegar

Wipe peppers and remove seeds. Peel onions and add to peppers. Put all through food chopper. Cover with boiling water, allow to stand for 10 minutes. Drain. Cover again with hot water and bring to boiling point and let stand for 10 minutes. Drain as dry as possible. Place in preserving kettle, add sugar, salt and vinegar, bring to boil and simmer for 15 minutes. Pour into hot sterilized jars and seal.

PLUM CHUTNEY

6 lbs. plums
2 lbs. apples
3 large onions
2 lbs. brown sugar
 $\frac{1}{2}$ teaspoon ginger
 $1\frac{1}{2}$ teaspoons cinnamon

2 teaspoons cloves
1 pint vinegar
Salt, to taste
 $\frac{1}{2}$ orange, put through food chopper
Juice of $\frac{1}{2}$ lemon

Wipe plums and remove pits, peel apples and grate on coarse grater. Grate onions, or put through food chopper with the orange. Combine all ingredients in large kettle and allow to simmer for about 2 hours. Pour into hot sterilized jars and seal.

RHUBARB CHUTNEY

1 pint vinegar
2 pounds brown sugar
2 pounds rhubarb cut in very thin pieces
2 ounces ginger root or preserved ginger, chopped

1 pound Sultana raisins, chopped
5 cloves of garlic, finely chopped
2 lemons put through food chopper
 $\frac{1}{2}$ teaspoon cayenne

Bring the sugar and vinegar to the boil, add all the other ingredients and cook very slowly about $2\frac{1}{2}$ to 3 hours. If desired less spicy, reduce amount of ginger and cayenne. If preserved ginger or ginger root is not available you may substitute 8 tablespoons of powdered ginger; this must be tied in a muslin bag. Makes 6 to 7 8-oz. jars.

TO PRESERVE VEGETABLES IN SALT

BEANS—1 lb. salt (pure pickling salt) to 4 lbs. beans

PEAS—1 lb. salt to 5 lbs. peas.

CORN—1 lb. salt to 4 lbs. corn.

Blanch vegetables in water for 3 minutes at simmering temperature (180 degrees F.) Then chill in ice cold water. Cool vegetables to approximately lukewarm (60 degrees F.) before salting. Drain thoroughly. A layer of salt is first placed on the bottom of the crock or barrel, then a layer of vegetables, and so forth until the crock is full, ending with a layer of salt. A wooden cover is then applied and weighted down with a stone or similar object. In a few days a brine will form. Always make sure that this brine covers the vegetables. The vegetables will keep in this manner indefinitely. When ready to use them, first soak them overnight in fresh water, then cook in the usual manner.

★ No. 2830 SLIP CAP JELLY JAR

A smart little jar for your jellies.





SPECIALS

The Following Information and Recipes Kindly Supplied by the
Agricultural Extension Service Department of Agriculture,
Edmonton, Alta.

WILD ROSE HIPS: Housewives and school children are urged to collect quantities of rose hips or berries to be dried or made into jellies, juice, pickles etc. for winter use. Rose hips are a very rich source of Vitamin C and are free for the picking. Three average rose hips have as much Vitamin C as a medium-sized orange or will supply your minimum requirement of Vitamin C for the day. Three teaspoons of rose hip and crabapple jelly will supply the daily requirement of Vitamin C for one person or one-third teaspoon of dried rose hip powder supplies enough Vitamin C for one person for one day. They are also known to contain an ample supply of Vitamin A.

COLLECTING ROSE HIPS: Pick only the ripe berries that are vivid red and slightly soft. They have a much better flavour if picked after the first frost . . . preferably late August, September or October. There is some loss of Vitamin C if there is a lengthy delay between picking and bottling the product although one of their important advantages as a source of Vitamin C is the unusual stability of this Vitamin in rose hips as compared with other Vitamin C foods.

THE USE OF ROSE HIPS: Rose Hips can be used fresh in making jelly, jam, pickles, juice, etc., or they can be dried or canned to be used in the winter, or served raw, shredded or halved in salads, sandwich fillings and desserts.

It is desirable that the hairs and seeds of the rose hip be removed. The fine hairs associated with the seeds are unpleasant in the mouth and have an irritating action.

TO REMOVE: 1. Seed and hull first . . . this takes the longest time OR 2. Cover with water and simmer, then rub through a sieve using the puree OR 3. Simmer whole

Rose Hips in more than enough water to cover, then merely strain. Bottle the juice. Add sugar if desired and process 45 mins. This juice contains Vitamin C and may be added to sauces, soups (not cream soup) puddings, beverages and many other foods. 4. Cut in half (see directions) and shake out seeds.

WILD ROSEBERRY JAM: Gather the berries after the first frost. Remove seeds and hull. Wash. Add water just barely to cover the berries. Cook berries until soft. If mixture is too thick add water as needed. Set aside to cool. Mash and put through sieve. To 2 cups puree add 1 cup sugar and cook slowly until thick, stirring frequently. A better consistency is obtained if commercial pectin is used. Pour into sterilized jars and seal.

The jam may be used on bread and as a filling for cakes.

NOTE: If desired, lemon juice may be added and used either as jam or meat sauce.

ROSEBERRY CATSUP:

4 quarts ripe berries (red and ripe)

2 medium sized onions

1 clove garlic

1 cup water (or more if necessary)

Boil these ingredients until they are soft. Strain them. Add $\frac{3}{4}$ cup of brown sugar. Tie in a bag and add:

$\frac{1}{2}$ tablespoon whole allspice

$\frac{1}{2}$ tablespoon celery seed

$\frac{1}{2}$ tablespoon mace

2 inches stick cinnamon

$\frac{1}{2}$ tablespoon whole cloves

Boil these ingredients quickly. Add 1 cup vinegar, cayenne, salt, if desired. Boil catsup 10 minutes longer. Bottle it at once. Seal the bottles with wax. The flavour of this catsup is excellent.

ROSEBERRY & CRABAPPLE JELLY: Use $\frac{1}{2}$ crabapple juice and $\frac{1}{2}$ rose hip puree. To one cup of this mixture use $\frac{3}{4}$ cup sugar. This jelly retains its Vitamin C content for as long as nine months without loss.

NOTE: Rose hip puree may be combined in jelly or jam with fruit such as cranberry, grape, chokecherry, red currant, wild plum, etc. Combine one part rose hip to two parts fruit or one to three if taste of rose hip is not desired. A little acid such as lemon juice adds to the flavor as does honey used for part or all of sugar.

Most rose hip products will be softer at first but will stiffen on standing. Do not place in sun to stiffen as this destroys Vitamin C.

A better jelly is obtained if a commercial pectin is used. A batch will take about half package of crystal pectin.

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MY FAVOURITE RECIPES

